Ecology Action's GROW BIOINTENSIVE® 8-Month Farmer-Leader Internship Information Booklet

March 21 – November 21, 2020

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About Ecology Action and GROW BIOINTENSIVE®

Ecology Action is a non-profit tax-exempt organization based in Willits California, with affiliated partner organizations in five other countries. We conduct research and training programs focused on the GROW BIOINTENSIVE method, as well as publishing and distributing information about the method around the world.

Ecology Action founded the Common Ground research and community garden in Palo Alto in 1972 and began the formal apprenticeship/internship program in 1977. Since then, low-input and high-yield farming has been studied in training/research/demonstration min-farms under the direction of John Jeavons. The years of work have resulted in positive, paradigm-changing ideas for the abatement of world hunger, for family food sufficiency, and for urban and rural small-scale farming. Our goal is to give more people the capability of raising their own food while nurturing the earth's resource base for the future.

GROW BIOINTENSIVE® Sustainable Mini-Farming (GB) is the original regenerative agriculture. Ecology Action developed it as a sophisticated but low-tech food security safety net for people in virtually all climates and soils where food is grown to use, right where they are, without special tools, seeds, or chemicals. The method is based on thousands of years of traditional smallholder farming methods and is supported by modern science. To ensure long-term sustainability, the GB method is designed to operate as a "closed-loop" system, where nutrients and biomass are recycled back into the soil in a very specific way, to provide almost indefinite productivity. The system includes eight important elements: the creation of double-dug raised beds, carbon-sequestering compost with specific carbon:nitrogen ratios, intensive planting, companion planting, carbon farming, calorie farming, use of open-pollinated seeds and seed-saving, and the combination of all these elements into a whole-system approach.

Lack of access to water and land as well the high cost of buying outside inputs like fertilizers and hybrid seeds are challenging problems to tackle within the framework of conventional agriculture. GROW BIOINTENSIVE seeks to address these challenges by minimizing the need for outside resources and maximizing the use of available land. In addition, GB creates a more sustainable system of farming that does not use chemicals and can increase soil fertility dramatically. In this way, GB offers people a way to produce nutritious diets *sustainably*, even if resources are scarce. And if you are lucky enough to have access to abundant resources, it offers the ability to increase productivity *sustainably*, without increasing inputs and costs, and without placing an additional burden on the Earth.

For more complete information about Ecology Action and the GROW BIOINTENSIVE method visit: http://www.growbiointensive.org/

Introduction

Despite technological advances in agriculture there are still more than 1 billion malnourished people in the world.[1] Rising food prices have led to political unrest in many countries.[2] In addition to the social problems of our global food system, current farming practices are unsustainable. Conventional agriculture depends heavily on non-renewable resources, outside inputs from other soils, and depletion of farmable soil - our most important finite resource. The UN Food and Agriculture Organization has stated that the solution to these problems can be found in small scale, localized, low-input agriculture:

"Global food production is more than enough to feed the global population, the problem is getting it to the people who need it. In market-marginalized areas, organic farmers can increase food production by managing local resources without having to rely on external inputs or food distribution systems over which they have little control and/or access[3]."

Aware of the intensifying world challenges and the basic need of people to feed themselves, Ecology Action has worked since 1972 to develop an elegant, small-scale, truly sustainable agricultural system. This system, known as **GROW BIOINTENSIVE® Sustainable Mini-Farming (GB)**, is a high-yielding agricultural method, based on history's intensive food raising systems, emphasizing local food production while growing and regenerating the soil that feeds us. Ecology Action's network of affiliate organizations and internship graduates are using GB around the world to empower people to grow good health and sustainable food security.

Ecology Action's training programs focus on using our small-scale, organic, non-mechanized food-raising techniques as a way of life. Participants must have commitment, responsibility, patience, time, attention to detail, willingness to follow detailed instructions, self-motivation, and mental and physical stamina. While we do not wish to discourage those genuinely interested in the program, we also want to make sure interns can enjoy a lifestyle of *simple living* focused on holistic health and sustainability.

Our 8-Month Farmer-Leader Internship immerses qualified participants the GROW BIOINTENSIVE method and a low-technology lifestyle, and trains them to be Global Farmer Leaders. 8-Month Interns are selected according to their commitment to teaching and working with the GB method for at least 2 years. Over the course of the internship, they learn the GB method, complete nutritional diet design and execution, 20-bed GB demonstration farm/garden planning, and teaching and leadership skills. At the successful conclusion of the internship, participants emerge from the program with a certificate of completion as Farmer-Leader GB Practitioners and are equipped with the skills necessary to grow all their own food while running a 20-bed GB demonstration site and teaching sustainable agriculture and closed-system food production. The option to pursue GB Teacher Certification is provided for well-qualified participants.

IMPORTANT NOTE: Ecology Action's focus is teaching motivated people about the principles of small scale, sustainable food raising and community involvement. *The garden sites are not market farms.* If you are looking for experience with production and marketing on an organic farm, we suggest you visit the WWOOF or ATTRA websites. Also, we appreciate that people who are interested in sustainable agriculture are interested in exploring other methods. However, this program focuses *exclusively* on the GROW BIOINTENSIVE method, and is not for people who are "shopping" for a method to use in their lives, but, rather, for ones who have decided biologically-intensive farming is their choice and want to become expert practitioners.

[1] http://www.bbc.co.uk/news/science-environment-11503845
[2] http://www.guardian.co.uk/environment/damian-carrington-blog/2011/aug/25/food-price-arab-middle-eastprotests, http://www.voanews.com/english/news/middle-east/economy-and-business/2011-Food-Price-Spikes- Helped-Trigger-Arab-Spring-135576278.html
[3] United Nations Food and Agriculture Organization, http://www.fao.org/organicag/oa-faq/oa-faq7/en

Program Information

Ecology Action's summer teaching program returns with a 8-Month Farmer-Leader Internship from March 21 through November 21, 2020 at Ecology Action's Victory Garden for Peace Mini-Farm site in Mendocino, CA and The Jeavons Center site in Willits, CA. The program focuses on growing your own heirloom vegetables and rare grains and emphasizes diet design and the creation and maintenance of sustainable soil fertility through the seasons. Living and working onsite for eight months, you will immerse yourself in the method, and will learn the eight principles of biointensive gardening over the course of a GROW BIOINTENSIVE farm year that will **increase your yields, grow your soil and conserve resources for the whole planet.**

Ecology Action offers this internship, which includes and builds on all the techniques taught in our 2-Month + 4-Month + 6-Month internships, to people who want to learn the GROW BIOINTENSIVE method conceptually and practically, to design a nutritionally complete diet, to use biointensive planning techniques to maintain a sustainable vegetable garden or mini-farm over time, to experience a complete cropping cycle within an established GB Mini-Farm attended by Master-Level GB Teachers, ***and*** *who are committed to teaching and working with the GB method for at least 2 years following the completion of the program.* ***Successful participants will emerge from the program as GB Farmer Leaders and will have the skills necessary to establish and run a 20-bed GB Demonstration site, and for advanced participants, with the option to achieve GB Teacher Certification at the Basic Level.*** .

The 8-Month internship is best suited for those who have already participated in an Ecology Action 3-Day Workshop (growbiointensive,org/workshop.html). Preference in the selection process is given to applicants who have already forged connections with organizations or leaders in their community who will encourage and support their GB teaching and demonstration activities after they complete the program. The internship covers the basics of GB, and then goes into depth of understanding and experiential learning with a combination of:

- Lecture and demonstrations,
- Study,
- Field work, and
- Guided Practice.

This blend is designed is so that participants learn the GROW BIOINTENSIVE method both *in theory* and *in practice* and can understand the processes that are involved in starting this type of work (GB farming, low-tech living, demonstrating the method to others, commitment to the method) as well as performing these activities over the long-term, as a lifestyle choice.

During the internship, emphasis is placed on the developing the ability of the intern to farm and develop GB designs and approaches naturally, in the belief that the most creativity and strength come from people joining forces and working as a team *after* they have fully developed a sense of their own strength and independence. We have found that skill levels can be dramatically upgraded with this type of training, but it also requires interns who are proactive self-starters.

The internships, in addition to providing a personal learning opportunity, are also an opportunity to assist Ecology Action in accomplishing its mission: to teach people to grow food and soil fertility while conserving resources. As an intern and as a GB Farmer Leader, you become part of the global GROW BIOINTENSIVE network.

Interns have minimal administrative responsibilities, and so can focus on learning through reading, classwork, and fieldwork. Time may be available for an independent study project, and there are periodic one-hour meetings with an Ecology Action staff member to ensure progress is being made. There are also weekly meetings with staff and other interns to discuss progress in the garden. The Interns will take part in seasonal courses and workshops presented by Ecology Action. Depending on the work done and the level of commitment demonstrated by the intern during and after the internship, the internship can lead to Ecology Action certification as a GROW BIOINTENSIVE Teacher at the Beginning Level, and, over time, at the Intermediate, Advanced, or Master-Level for GB practitioners who demonstrate their commitment to practicing and teaching the GROW BIOINTENSIVE Sustainable Mini-Farming method *as a whole system*.

Ecology Action's research, demonstration and education mini-farm garden sites, while beautiful and enjoyable to work in, are first and foremost research gardens where a multitude of experiments are run concurrently. Interns should bear in mind that the focus is on using the GROW BIOINTENSIVE method to conduct scientific tests and collect data to provide practical solutions to the challenge of growing food, creating and maintaining sustainable soil fertility, and conserving resources on a closed-loop basis, while living a sustainable life.

This program overlaps Ecology Action's public tours and 3-Day Workshops, our 2-, 4-, and 6-month internships, and two 9-Saturdays Class Series. It hosts farmers, students, researchers, and food-growing activists from the U.S. and abroad, giving all the interns a chance to network with people interested in similar work. Interns must be comfortable living and working with a wide variety of people and interacting with the public.

An internship at Ecology Action is an opportunity to learn valuable techniques and information, to experience an alternative living style, to make lifelong ties with other interns, and to assist Ecology Action in accomplishing its mission to help farmers, gardeners, and communities around the world to raise food, conserve resources and build fertile soil sustainably.

Schedule and Routine

All interns and members of the regular garden/mini-farm staff work (and learn) Monday through Thursday, from 8:00 a.m. to approximately 6:30-8:30 p.m., with time off for lunch and dinner. Days often include a 2-3-hour siesta after lunch. Most days will be spent learning in the garden. A typical day could involve preparing beds for planting, seed propagation, harvesting, taking and recording samples, transplanting, seed saving, and other garden tasks. At least one day a week and sometimes more will be spent in the classroom.

Classroom days will include lectures, discussions and multimedia covering a range of topics. Interns will have readings and homework to complete each week. The weekly readings and homework will pertain to the practical and conceptual aspects of GROW BIOINTENSIVE and food security issues around the world. At least one and a half days and as much as two days a week will be free for personal time. (The “week-end” consists of approximately 1-1/2 days off during the next three days (for example, Friday and 1/2 of Sunday; 1/2 of Friday and all of Saturday; and so on, with the pattern of days-off changing from week to week to ensure that all interns have equal opportunity for rest and socialization). When there are enough people in the program, there are two-day weekends off every other week). Ecology Action’s staff is small and extremely busy, so weekend activities are determined by each intern. The internship program is intensive, and other than the designated days off, time is not available for extracurricular sight-seeing, travel or farm visits. The experience is demanding but rewarding to those willing to engage themselves.

Program Site

Victory Gardens for Peace (Mendocino, CA) (

The Victory Gardens for Peace (VGfP) site in Mendocino, California is situated on the grounds of the Stanford Inn, an eco-resort nestled on the cliffs overlooking the confluence of the Big River and the Pacific Ocean. Our program is focused on: improving the soil and teaching the GROW BIOINTENSIVE method and developing the GROW BIOINTENSIVE model for our coastal, cool, foggy climate. There are many challenges at the site that create opportunities to demonstrate practical and effective ways of maximizing resources and managing fertility. There is an inherently good soil here, but it underwent years of compaction as a horse paddock. We are working to build soil structure and fertility to restore the soil health. We experiment with growing complete diets and different crop varieties to find which are best suited to this unique growing climate. Our internships and classes are unique and offer a great experience in water conservation, soil fertility management and food raising through the GROW BIOINTENSIVE method.

The Jeavons Center – Ecology Action Headquarters (Willits, CA)

The Jeavons Center (TJC) site is rural and rustic, but beautiful. The one-third-acre mini-farm/garden is located on a 20-acre site that offers a challenging soil situation on a mountainside slope. The soil here is rated fair for grazing and contains high levels of magnesium, nickel, and other minerals that would normally prevent crops from growing. In addition, it has cool nighttime temperatures and varied mini-climates within its growing area. Ground was broken for this Biointensive research garden site in 1982, and it took 14 years of soil improvement (from 1982 to 1995) to develop a soil system that produces healthy plants and satisfactory yields at this location. GROW BIOINTENSIVE practices are mitigating the poor soil quality, and abundant food is being grown (although lower-than-normal GROW BIOINTENSIVE yields were initially and are often still obtained). The Jeavons Center mini-farm provides our interns with an excellent demonstration of what the GB method can achieve when conditions are challenging. Basic field testing at this site compares different cultivars, nutrient and compost amounts, crop spacing, and other practices.

Interns will be placed at either The Jeavons Center or Victory Gardens for Peace and will live at their designated site for the duration of the internship. While you can specify a preferred site, placement at that site is not guaranteed. Simple accommodations are provided at both sites, with other needs provided for by the intern (see "Suggested Items …" on p.12). Our commitment to simple living includes simple eating.

- At **The Jeavons Center (TJC),** food is purchased through an Ecology Action coordinator who integrates intern food requests as best as possible. Interns prepare the meals on a rotation basis; meals range from lacto-ovo vegetarian to vegan (*no meat/fish allowed on site*). Not all our food is grown in the garden; some food is purchased at the Farmers' Market and elsewhere. Normally, we are not able to accommodate fruitarian or other specialized diets. Cooking, dish-washing and other household responsibilities among the interns are shared.

- At **Victory Gardens for Peace (VGFP)**, food is supplied by Stanford Inn by the Sea, with communal meals eaten twice daily (10:30 AM and ~5PM) with the staff members at the Inn. The entire property is 100% vegan, with *no animal food products allowed on site*. No facilities for cooking are provided, but the town of Mendocino has numerous restaurants, cafes and grocery stores if you feel the need for variety.

Curriculum

Over the course of the program, in addition to study, fieldwork, and guided practical applications, the following topics will be covered. Publications listed are to be purchased by participants onsite (cost included in Program Expenses, below). Please note that this is a sample curriculum and the actual teaching schedule may vary.

Part 1: Introduction to Biointensive Section is to be completed prior to your arrival and will serve as an introduction to the method to help you more efficiently grasp the work upon your arrival. There are no dates listed but it is suggested that you work at a comfortable pace. Please aim to have this completed by the first class-date of *Part 2: Developing Your Biointensive Skillset*.

Part 1: Introduction to Biointensive			
Class #	Date	Topic	Assignments
1	3/21	Welcome to the Program	• Farmer's Handbook: Introduction • Self-Teaching Video: Introduction • Sustainable Vegetable Garden pgs. 5-26.
2	4/1	Intro to Principle 1: Deep Soil Preparation	• Farmer's Handbook: Double Digging pgs. 1-2 • Self-Teaching Video: Double Digging • Sustainable Vegetable Garden pgs. 27-32.
3	4/7	Intro to Principle 2: Close Plant Spacing	• Farmer's Handbook: Intensive Planting pgs. 7-8 • Self-Teaching Video: Seedlings and Transplanting • Sustainable Vegetable Garden pgs. 39-46.
4	4/14	Intro to Principle 3: Composting	• Farmer's Handbook: Composting pgs. 3-6 • Self-Teaching Video: Composting • Sustainable Vegetable Garden pgs. 33-38
5	4/21	Intro to Principle 4: Carbon Farming	• Farmer's Handbook: Carbon Farming pg. 10 • Self-Teaching Video: Choosing Your Crops • Sustainable Vegetable Garden pgs. 73-78
6	4/28	Intro Principle 5: Calorie Farming	• Farmer's Handbook: Calorie Farming pg. 11 • Sustainable Vegetable Garden pgs. 79-86.
6	5/5	Intro to Principle 6: Companion Planting	• Farmer's Handbook: Companion Planting pgs. 9 • Self-Teaching Video: Harvesting • The Sustainable Vegetable Garden pgs. 87-92.
7	5/12	Intro to Principle 7: Seed Saving	• Farmer's Handbook: Open Pollinated Seeds pgs. 12-13 • Self-Teaching Video: Seed Saving • The Sustainable Vegetable Garden pgs. 93-101.
8	5/19	Intro to Principle 8: Whole Systems Perspective	• Farmer's Handbook: Whole Systems Approach pgs. 14-15 • Self-Teaching Video: Maintaining Your Garden

Farmers Manual and Self-Teaching Videos can be found at: http://www.growbiointensive.org/Self_Teaching.html

Part 2: Developing Your Biointensive Skillset			
Class #	Date	Topic	Assignments
9	5/26	Intro to Ecology Action	• Workshop Manual: In Defense of Old Fashioned Training, Dear Workshop Participant, WorldWide Soil Loss and Possible Solution, Ecology Action In Perspective, The Functions of Ecology Action, GB 7 Year Approach
10	6/2	Principle 1: Deep Soil Preparation	• HTGMV9: Introduction and Soil Creation pgs. 1-32 • Workshop Manual: Double Digging vs. Roto-Tilling, Double Digging vs The U-Bar, Triple Digging, Cultivation, Living Quarters for Plant Roots.
11	6/9	Principle 2: Composting	• HTGMV9: Composting pgs. 44-62 • One Circle: Amino Acids pgs. 34-40
12	6/16	Principle 3: Close-Plant Spacing	• HTGMV9: Sustainability pgs. 33-39, Fertilization, Seed Propagation and Transplanting pgs. 63-90 • Workshop Manual: Art, Craft and Efficiency of Scale
13	6/23	Principle 4: Carbon Farming	• HTGMV9: 60:30:10 pgs 39-43 • One Circle: Vitamins and Minerals pgs. 41-72 • Workshop Manual: Micro-Macronutrients
14	6/30	Principle 5: Calorie Farming	• HTGMV9: Sample Garden Plans pgs. 180-190 • Booklet 26: Learning to Grow All Your Own Food pgs. 1-25
15	7/7	Principle 6: Companion Planting	• HTGMV9: Companion Planting and Rotations pgs. 101-118 • 2WFC Video: Crop Rotations, Cover Crops and Multi-Cropping with Steve Moore
16	7/14	Principle 7: Seed Saving	• Booklet 13: Growing to Seed pgs. 1-38 • 2WFC Video: Seed Saving and Plant Breeding with Steve Moore
17	7/21	Principle 8: Whole Systems Perspective, Planning	• HTGMV9: Watering, Moons and Season Extension pgs. 86-100; Interrelated Food System and Balance pgs. 119-132 • Workshop Manual: Industrial Economy by Wendell Berry

Part 3: Diet Design and Planning			
Class #	Date	Topic	Assignments
18	7/28	Soil Fertility Simplified	• Bklt 31 Form 2: Solving the Diet • HTGMV9: Sustainability pgs. 33-43; Fertilization pgs. 63-74 • Future of Fertility Past, Present and Future and Four Goals pgs. 1-23
19	8/18	Seed Propagation, Transplanting and Practical Watering	• One Circle Diet Intro, Area and Weight Efficiencies pgs. 1-33 • Bklt 35 Growing More Food With Less Water pgs. 1-25 • Bklt 31 Form 3: Preliminary Diet Design • Future of Fertility Recycling Urine pgs. 24-35
20	8/25	Qualitatively and Quantitatively Improving Compost	• Bklt 31 Form 4: Preliminary Income Design • Bklt 31 Form 5: Preliminary Compost Design • Booklet 32: Growing Compost pgs. 1-35 • Workshop Manual: SOM Flow Chart
21	9/1	60/30/10, Data Collection; Design by the Heart	• Bklt 31 Form 6: Initial Diet Design • One Circle pgs. 130-144 • Bklt 1: Cucumber Bonanza pgs. 1-15
22	9/8	Exploring Sustainable Mini-Farm Design	• Bklt 31 Form 8: Income Design • Bklt 36: Experimental 33-Bed Unit • Workshop Manual: Challenges to the Development of the 40-Bed Unit • Future of Fertility: Recycling Humanure pgs. 36-60
23	9/15	Pest/Disease Control; Income	• Bklt 31: Form 7: Diet Design • HTGMV9: Pest/Disease and Ecosystem pgs. 119-128 • Future of Fertility: Recycling Humanure pgs. 61-83
24	9/22	Soil Testing; Test Your Soil With Plants	• Bklt 31: Form 9: Compost Design • TYSWP: 2 pgs. 1-10, 92-130 • Future of Fertility: 2 Examples of Systems pgs. 110-117
25	9/29	Trees, Arid Farming and Applied Permaculture to GB	• Video: The Man Who Planted Hope • Workshop Manual: Applying Permaculture in a Biointensively Mngd System, Use of Water in Agriculture, Permaculture Ethic and 12 Principles • Put Together Final Design
26	10/6	Finalizing the Design	• Bklt 31: Form 10: Complete Nutrition

The final part of the course work will be completed with the Garden Manager 1 on 1. We will review your work and help you finalize your design and certify as a GROW BIOINTENSIVE® Teacher.

Part 4: Finalizing Design and Teacher Certification			
Class #	Date	Topic	Assignments
27		Certification process and Project Submission	• Bklt 30: Sustainable Mini-Farm Teacher Certification Program • Submit all forms from Bklt 31
28		Workshop Planning and Design Revisions	• Resubmit Bklt 31 forms if necessary • Submit 1-Day Workshop Outline
29		Certification Development	• Resubmit Bklt 31 forms if necessary • Submit Bklt 30: Candidate Profile, Teacher Goals and Data Reporting
30		Certification Development Continued	• Submit Bklt 30: Summary Yield Data, Garden Map, Garden Plan and Garden Photos
31		Certification Development Continued	• Submit Bklt 30: Teaching Report Forms, Teaching Summary Report
32		Certification Development Continued	• Compile Teacher Certification Packet and all forms, submit to Ecology Action

Program Expenses

This is an unpaid, fee-based internship program. All fees are non-refundable. Cost for an 8-Month Farmer Leader Internship at Ecology Action in 2020 is:

Item	Interns from the USA	Interns from other countries
Tuition	US$4,000*	US$4,000*
Room	Included. ($250 cleaning deposit required – refundable for interns who adequately clean their accommodations before leaving (as determined by site manager) and take all their belongings with them upon departure.)	Included. ($250 cleaning deposit required – refundable for interns who adequately clean their accommodations before leaving (as determined by site manager) and take all their belongings with them upon departure.)
Food	Included	Included
Basic Utilities (power, water, garbage)	Included	Included
Supplies	US$400	US$400
Publications and Educational Materials	US$600	US$600
Basic Internet (limited bandwidth)	Included	Included
Telephone/ High-Speed Internet	Provided by participant	Provided by participant
Incidentals	US$1,600	US$1,600
Medical Insurance	Provided by participant**	$0-$720 Varies**
Transportation	Varies. Provided by participant	Varies. ~US$2,000-$4,000
Co-Sponsoring + visa	N/A	US$3,100
Embassy Interview	N/A	US$100
SEVIS Form	N/A	US$180
Administration	$2,000	$8,000
TOTAL Payable to Ecology Action, non-refundable except for cleaning deposit as specified above.	US$8,850	US$20,950-$22,950 (depending on travel expenses)
DEPOSIT	A US$2,250 deposit is due within one week of acceptance (includes $250 cleaning deposit).	A US $250-$2,250 deposit is due within one week of acceptance depending on location/ability to contribute (includes cleaning deposit).
*Partial scholarships may be available to those who qualify.		

****Medical Insurance** for US interns must be provided for by each participant – proof of coverage is required with $2,250 deposit within one week of acceptance. US medical coverage is generally included in the internship costs for international interns, but you **must** make certain you arrange coverage with Ecology Action before arrival. Uninsured participants will not be permitted to stay in the program.

Follow-Up Activities

One of the unique aspects of this program is that we will allow you time throughout the summer/fall to plan your next steps after you complete the course. It is expected that graduates of the 8-Month Internship Program will be prepared to use the knowledge they gain to establish a GB Demonstration site and teaching program within their home community, their school, or in some other way to help promote sustainable food security. During the program, participants will be able to work with a staff member to help plan and work through their future activities.

Arrival and Departure

If you are not a US citizen and are travelling to the United States from another country, you should arrange for your visa to expire on the last day of your stay at Ecology Action. It is our understanding that you have 30 days after your visa expires to leave the U.S. **NOTE: Ecology Action interns travelling on visas do not have the option of taking employment while participating in the program and are required by law to return home when their visa expires.*

It is important to schedule your ***arrival*** at the research garden site in the early evening of the Friday before you officially begin your internship, so that there will be time to settle in before things begin early Monday morning. **The 2020 internship officially starts Saturday, March 21; interns should schedule arrival for Friday, March 20.**

If you are flying in and need us to arrange for transportation from the San Francisco Airport to the research site, **schedule your *arrival* at the airport for the morning of FRIDAY MARCH 20, 2020 for us to get you to your internship site by early evening.**

Looking ahead to when you finish your internship, **schedule your *departure* flight to leave the San Francisco Airport during the late afternoon or evening on SUNDAY NOVEMBER 22, 2020**, as we will be leaving your research sites in the morning, and must allow time to reach the airport, which is 4-5 hours away, and to leave time for airport processing (airports recommend arriving at least 2 hours before your flight is scheduled to depart).

Please note: ***Any excess baggage fees to or from the site are the responsibility of the intern***. It is a good idea to determine well in advance of your departure how much baggage you will be carrying, and what each extra bag will cost by weight/size. Interns are not allowed to leave excess baggage for future shipping – before you leave the internship site, you are responsible for removing your possessions and cleaning your living quarters so that the next interns have a comfortable and welcoming experience!

Suggested Items for Interns to Bring

Be prepared for semi-rustic conditions with limited water and electricity

Telephone on-site telephone is not available except in emergencies. All internship participants are responsible for providing their own cell phone and paying for their coverage plan. Please make sure your service provider covers the region (Mendocino County, California, USA) before you arrive.

Internet is available for general daily use, such as checking email, but not available for entertainment. If you require high-speed internet/streaming services for personal use, you should arrange for an appropriate data program with your cell service provider.

Laptop computer or tablet for personal use. (Ecology Action computers are not generally available for personal use.

Notepads, pencils, etc.

Clothes for hot or cold days, cool or cold evenings, rain, snow, etc., including rain gear. (Day-time temperatures at all sites can vary from 55°F to 105°F [12.7°C to 40.5°C] in one day, and night-time temperatures can be as low as 25°F [-4°C]. Old work clothes are best. Bring plenty — self-service laundry facilities are 30 minutes away by car, in town.

Shoes/work-boots should have good tread. In addition to garden work, paths are steep, so make sure your feet are prepared! A good pair of waterproof boots with heavy treaded soles is also useful.

A good sun hat is a must. Remember to bring non-chemical/non-nano **sun screen/lotion** and a swimsuit, if desired. We try to allow time for a swim in a nearby pond, work and weather permitting.

Towel, washcloth, etc. — Solar showers will available at least every other day. Shavers and appliances need to be non-electric or battery-powered.

Lighting — Flashlights and possibly a battery-powered lantern, for reading at night. Bring plenty of operating rechargeable batteries. Be aware that The Jeavons Center site is off-grid, so battery life is important!

Bedding: International interns: bedding will be provided.
Optional for U.S. participants only: sheets for full-size bed, pillow, pad, and other warm, durable sleeping items. If you do not bring your own bedding, it will be provided for you.

Other items:
- Favorite vegetarian/vegan recipes
- Battery-operated radio and/or CD player and two sets of rechargeable batteries
- Musical instruments, art supplies, etc. are welcomed.

Parking space is very limited — small cars for US participants and/or carpooling is encouraged.

For International Applicants:
18 Documents to Prepare for Your VISA Interview

The following is a list of 18 documents you need to prepare for your visa interview, to be submitted to the USA Embassy in your country. Please make sure you have them–with experience we realize that if all 18 things are done there are fewer problems getting a visa. Place the items in this order, and make sure the interviewer sees them:

Documents Provided by MESA:
1. U.S Department of State Training/Internship Placement Plan DS-7002 (make sure all the information is correct and sign)
2. Students and Exchange Visitor Program: SEVIS 1-901 Fee Confirmation, except for Kenya where SEVIS needs to be obtained by the intern applicant
3. Certificate of Eligibility for Exchange Visitor (J-1) Status DS-2019 (To be signed)

Documents Provided by Ecology Action:
4. Training Plan: *GROW BIOINTENSIVE SUSTAINABLE MINI-FARMING INTERNSHIP — ECOLOGY ACTION*.
5. Congressional Letter
6. Letter of invitation from Ecology Action
7. Ecology Action Intern Booklet (this one)

Documents Provided by You (Intern):
8. Valid passport with at least one (1) year remaining before expiration date
9. Completed VISA application form- DS- 160 (Submit payment directly to your local U.S. Embassy)
10. Marriage certificate if married (Not a requirement, but very important)
11. Bank statement from Employer (Not a requirement, but very important)
12. Bank statement from the applicant
13. All correspondence between EA and applicant including application forms
14. Employer's release letter, which also shows the salary.
15. Employer's letter in support of applicant's VISA application.
16. Property documents such as title deed and log books, if applicable
17. Spouse letter, if married. It should indicate the other partner's acceptance of your trip
18. Curriculum Vitae (Not a requirement, but important)

Good information to know: Ecology Action of the Mid-Peninsula (EA) is a 501(c)(3) Non-Profit, based in the state of California, U.S.A. John Jeavons is the President and Executive Director. MESA is a partner organization of Ecology Action, collaborating on getting your J-1 Student/Intern Visa.. Also a non-profit, 501(c)(3) organization, MESA enables cross-cultural exchange around global practices of sustainable agriculture.

HOW TO APPLY

To apply for this program, please fill out our secure online application, which you can find at http://growbiointensive.org/Internship/8MonthOnsite.html.

Please note that there are different application deadlines (indicated below) for US residents and international participants.

If you have any questions, please email ***contact@growbiointensive.org*.**

Application Deadline for *International Participants (non-US residents)*:
September 15, 2019
Participant Notification by October 15, 2019

If accepted to the internship program, international participants must work with Ecology Action to arrange the correct medical insurance for their stay in the United States, and send**:**

1) a **signed** hard copy of **the release form** (following page),
2) a **deposit** (amount agreed to with Ecology Action) to secure your place in the program

To:
ECOLOGY ACTION
5798 Ridgewood Road, Willits CA 95490-9730
Phone: (707) 459-0150 Fax (707) 459-5409

Application Deadline for *US Residents*:
September 15, 2019
Participant Notification by October 15, 2019

If accepted to the internship program, US residents must send:

1) a **signed** hard copy of **the release form** (following page),
2) a **deposit** of $2,250 to secure your place in the program, and
3) valid **proof of medical insurance** to the address listed on the form

To:
ECOLOGY ACTION
5798 Ridgewood Road, Willits CA 95490-9730
Phone: (707) 459-0150 Fax (707) 459-5409

INTERNSHIP PROGAM PARTICIPANT RELEASE FORM

Name: _____ Date: _____

Age: _____ Date of Birth: _____ Male / Female: _____

City/State/Country of Birth: _____

Emergency Contact:

Name: _____

Address: _____

City/State/Zip Code: _____

Country: _____ Telephone: (_____)_____

Do you have a heart condition, back condition, or other present and/or pre-existing conditions that could limit your full participation in the physical activities of this program?

If so please describe in detail:

_____

_____

_____

Please list any medications you are currently taking:

_____

Date of last medical examination:

_____

Please provide your current primary/catastrophic medical insurance coverage information (NOTE: non-US residents *must* arrange with Ecology Action to secure medical coverage for their entire stay in the US)

Carrier: _____ Policy No: _____ Exp. Date: _____

Waiver:

I hereby certify that I am in good physical condition and do hereby release, acquit and discharge ECOLOGY ACTION, its staff, officers and members, of any and all claims, causes of action or damages whatsoever, in any way arising out of or in any manner connected with their program or any medical treatment rendered in event of need. I understand that I am responsible for the coverage any medical expenses incurred before, during, or after my time at Ecology Action and my participation in their program.

Signature: _____ Date: _____