

ECOLOGY ACTION'S
GROW BIOINTENSIVE®
Sustainable Mini-Farming
INTERNSHIP PROGRAM



INFORMATION BOOKLET

**Ecology Action's
GROW
BIOINTENSIVE®
Sustainable Mini-Farming
Internship Program**



Information Booklet

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SUMMARY

This program enables participants to become proficient at an intermediate to advanced level for GROW BIOINTENSIVE teaching in key projects and national programs globally.

Ecology Action has several openings for interns to assist in hands-on research in sustainable agriculture and closed-system food production using the GROW BIOINTENSIVE Sustainable Mini-Farming technique.

There are three research garden sites to which can interns apply; however, placement at individual sites is at the discretion of Ecology Action.

The sites are:

- Ecology Action's Common Ground Mini-Farm,
 - The Golden Rule Research Garden, and
- The Stanford Inn by the Sea Research Garden.

There are 6 and 12 month internships available, as well as an extended three year apprenticeship program; commitment to the program is required for the entire internship period. Interns live on-site at the research garden location.

Applicants should note that this is an unpaid, fee-based internship, and that the program involves hard work and rustic living conditions. However, interns will find that the long-term benefits they harvest are of great value!

Application deadline for the 6 and 12 month internships: ? (but earlier submission is preferred).

To apply online, go to www.growbiointensive.org/Internship



THE SITES

The Common Ground Mini-Farm, Willits, CA

This is the location of Ecology Action's Headquarters, and is our most established research garden, started in 1985. 1.25-acre garden where interns work and learn is located in a rural mountain environment outside the small town of Willits, CA. The garden consists of approximately 110 GROW BIOINTENSIVE garden beds and is watered from a gravity-fed spring. Interns are housed in a yurt and rustic cabins, with shared bedrooms and a common area, including a kitchen where communal meals are prepared and eaten. Most of the site is "off-grid", fueled by solar power; however, some buildings do not have electrical power. A composting privy and a solar shower comprise the bathroom facilities. This site would be challenging for an intern who does not like to live close to the earth, but the work is interesting and rewarding, and the surroundings are beautiful. A small staff and John Jeavons' family live on site year-round; interns arrive from around the world periodically.

The Research Garden at the Golden Rule Ranch, Willits, CA

The Golden Rule Ranch, once home to the racehorse Seabiscuit, is now owned by Christ's Church of the Golden Rule, and has been home to Ecology Action's second research garden for the past 10 years. Also located outside of Willits, near the Ecology Action Headquarters site, the Golden Rule site is located in a valley, which provides less challenging growing conditions than the Mini-Farm, allowing interns the important experience of growing in different climates and conditions. The research garden consists of approximately 140 GROW BIOINTENSIVE beds, and a large greenhouse. Interns live on-site in shared housing, which, while rustic, is more developed than that at the Headquarters site. Electrical power is "on the grid", and bathroom facilities are indoors.

The Research Garden at Stanford Inn by the Sea, Mendocino, CA

Our newest research garden is at Stanford Inn by the Sea. Stanford is an Eco-Inn located on a coastal hillside meadow overlooking Mendocino Bay near the small town of Mendocino. The Inn has converted its entire ten acres to sustainable and organic gardening and landscaping. In a partnership with Ecology Action, Stanford Inn has provided the facilities for the research garden, currently consisting of about 40 beds which interns established in the 2010 internship program. This site provides the experience of working and learning to grow sustainably in a coastal setting. Interns are housed a small quarters and trailer on-site, provided by the Inn. The facilities are modest, but are more modern than the Headquarters site, with electrical power and indoor bathrooms.



THE PROGRAM

6- and 12-month internships are available in GROW BIOINTENSIVE sustainable mini-farming research and the low-technology lifestyle appropriate to development work. Internships begin in mid-April*. An extended 3 year apprenticeship is also available. For more information, please see the Apprenticeship materials online at www.growbiointensive.org. (*An exception to the rule: the 2015 season begins May 11, 2015.)

Ecology Action's garden sites, while beautiful and enjoyable to work in, are first and foremost research gardens where a multitude of experiments are run concurrently. The research focus is on using the GROW BIOINTENSIVE method to conduct scientific tests and collect data to provide solutions to the challenge of creating and maintaining sustainable soil fertility on a closed-system basis, while living a sustainable life. Interns have an opportunity to learn valuable techniques and information, to experience an alternative living style, to make lifelong ties with other interns from different states and countries, and to assist Ecology Action in accomplishing work that can help farmers, gardeners, and communities around the world to raise food, conserve resources and build fertile soil, sustainably.

The GROW BIOINTENSIVE® method focuses on using small-scale, organic, non-mechanized food-raising techniques as a way of life. The work we do requires commitment, responsibility, patience, 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 that applicants have an adventurous, hardy nature and can make a dedicated commitment to the program and its unusual living conditions for the duration of the internship.

Originally limited to a 3-year apprenticeship, our teaching course has expanded to accommodate increased interest in the program to include 6 in the summer and 12-month internships. These internships are intended for people who already have an established understanding of the GROW BIOINTENSIVE method, and want to take their skills to the next level.

Specifically, we have developed these internships for people who:

- Have already taken a workshop or other course in the GROW BIOINTENSIVE method, or are involved in established projects and programs that use the method;
- Are interested in an in-depth understanding and experience of why GROW BIOINTENSIVE works and how to modify it for other climates, soils and cultures; and
- Expect to be actively involved in public service in this kind of work (with selective preference given to those who have a strong interest in applied sustainable farming and/or demonstrate a significant ability to use the skills they gain through an internship to benefit their communities and the planet).

The internship is a combination of:

- Lecture and demonstrations,
- Study,
- Garden work, and
- Living the method.

This combination is designed so that participants learn Ecology Action's processes both theoretically and practically, and can understand the processes that are involved in starting this type of work (GROW BIOINTENSIVE farming, low-tech living, teaching the method to others) as well as doing it over the long-term. The internships are an opportunity to assist Ecology Action in accomplishing its work, with both direct and indirect learning occurring in the process.

During the internship, emphasis is placed on the ability of the intern to learn to farm and develop GROW BIOINTENSIVE designs and approaches, in the belief that the most creativity and strength come from people joining forces and working as a team after they have fully developed strength and independence. We have found that skill levels can be dramatically upgraded with this type of training.

Interns are generally free of administrative responsibilities during the program, and are able to focus on learning through reading, classes, and work in the research garden. Time is available for an independent study project, and there are periodic meetings with an Ecology Action staff member. There are also weekly meetings with staff and other interns to discuss progress in the research mini-farm garden. The Interns will take part in seasonal courses and workshops. Depending on the work done and the level of involvement demonstrated by the intern, it is possible that the internship can lead to an Ecology Action certification as a GROW BIOINTENSIVE teacher.



THE LEARNING PROCESS

We have found that, after an initial acclimatization period for interns at Ecology Action, usually a few weeks during which we get to really know you, it is easier to see how the new skills and information being taught can best be integrated with your life and work, and we can better help you plan for the future. As you progress through your internship, you will continue to realize the interconnections in the topics you are studying, and the real decisions about how to apply what you have been learning to your future can be made. The internship will build the study and work skills that will help you more easily identify and learn the things you still need to know. It will also give you a chance to study and research more fully the topics that are most important to you, and to formulate and answer your own questions.

As an intern, you can learn as much as you want to learn. Within the context of the program and your duties as a research assistant, what you do with your time at Ecology Action is really up to you, because we value independence and believe it is important to foster the creativity that is so important to successfully developing and teaching solutions to global farming challenges.

In addition to the structured learning that takes place through lectures and reading, interns will find that learning also takes place on a more subconscious level as you get a feel for the rhythms of the method. Through repetition of on-going farm duties and seeing the fundamental need for a garden's balance between carbon and calories as exhibited by what is being planted and harvested, a profound, almost involuntary learning occurs in interns that is often not realized until time has passed or until participants return to their communities and begin to teach others.

CANDIDATES

Ecology Action admits workshop participants, interns and volunteers by selecting the most qualified candidates from around the world, and we give priority in the selection process to candidates from the most qualified projects and national programs that need strengthening. Particular priority will be given to those programs already emphasizing One-Bed Unit models, calorie/carbon crop growing, and complete multi-bed-unit systems, and to those individuals committed to making GROW BIOINTENSIVE Mini-Farming their life-time work. The program requires that interns be willing to devote at least two years following the internship to a GROW BIOINTENSIVE follow-up project or program.

The candidates that best fit the program will share Ecology Action's commitment to the GROW BIOINTENSIVE method of food-raising and to a simple life-style. They should be familiar with and have worked with Ecology Action publications, and they should be prepared to devote their attention to working within the parameters of the GROW BIOINTENSIVE method for the duration of the internship. Although we appreciate that people who are interested in sustainable agriculture may be interested in exploring other methods and tools, please note that this internship is focused exclusively on the GROW BIOINTENSIVE method, and that exploration of other methods and philosophies such as permaculture, rock dust/ remineralization, raw foods, etc., will not be possible during your internship with us.

The best candidate for this program will be experienced in GROW BIOINTENSIVE mini-farming. Their principal learning goals will be:

- To experience the particular temperate climate and soil of the research garden sites.
- To gain a deeper understanding of the GROW BIOINTENSIVE method and soil building principles and how they relate synergistically.
- To develop an understanding of how the GROW BIOINTENSIVE research, training and demonstration sites are run as a possible model for their own mini-farm and/or teaching program.

Internship candidates seeking answers to specific long-term goals related to a GROW BIOINTENSIVE project or program will be given preference in the admission process, because having a focus of this sort maximizes the benefit the intern receives through the program. Willingness to take appropriate initiative, assume responsibility and provide follow-through is a key characteristic for interns.

After completing this program, interns are expected to engage in GROW BIOINTENSIVE farming, teach GROW BIOINTENSIVE classes and send annual reports of their activities to Ecology Action for two years following their internship.



SCHEDULE, ACCOMMODATIONS, FOOD

Simple accommodations are provided, as described above, with other needs provided for by the intern (see “Suggested Items ...” on p.8). Our commitment to simple living includes simple eating. 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 vegetarian to vegan. Not all of 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.

All interns and members of the regular garden/mini-farm staff work Monday through Thursday. Work times vary but are generally from 9:00 a.m. to approximately 8:30+ p.m., with time off for lunch and dinner. 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 sufficient people in the program, there are two-day weekends off every other week. In addition two, 3-day weekends are scheduled for each intern: one before July and after August. 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 and pre-arranged vacation, time is not available for extracurricular sight-seeing, travel or farm visits.



SAMPLE DAILY SCHEDULE

(The schedule may be adjusted depending on the weather/season.)

8:00 - 9:00	Breakfast
9:00 - 12:30	Garden Work / Class / Reading
12:30 - 2:30	Spot Watering / Lunch (one hour)
2:30 - 5:30	Garden Work / Class / Reading / Cooking
5:30 - 6:30	Evening Watering / Break *
6:30 - 7:30	Dinner *
7:30 - 9:00	Dishes and Kitchen Clean-up / Evening Watering */Studies and relaxation



VACATIONS

In addition to the scheduled “week-ends”, each intern receives 7 vacation days in August, at a time that does not interfere with scheduled classes or garden activities. If you are interested in travelling while you are in the US, you should make sure that you schedule any longer trips to occur either before you begin the internship or after you finish it.

CURRICULUM

The Intern’s Summer Course is currently taught all day Monday for approximately the first three and ½ months of the internship. All interns participate in this course and the major classes include:

<i>Introduction of Ecology Action Goals; World Situation; “Tour”, Course/Internship Overview: Classes, Garden Work, Responsibilities, Expectations: Mini-Farm Design Project; Independent Study Project, etc. Presentation of 21-Bed, 3-Bed and 1-Bed Units; Bed-Crop-Months; 72-Bed Unit</i>	
<i>Advantages of GROW BIOINTENSIVE Bed Preparation</i> <i>Compost</i> <i>Compost Crops</i> <i>Diet</i> <i>Income</i> <i>Sustainability</i> <i>Fertilizers / Fertility</i> <i>Seed Propagation</i>	<i>Garden Planning</i> <i>Companion Planting</i> <i>Seed Collection/Saving</i> <i>Water Use/Arid Farming Techniques</i> <i>Human Waste Recycling</i> <i>Practical Watering Principles</i> <i>Insects and Diseases</i> <i>Philosophy/History</i> <i>Crafts: Lavender Wands</i>
<i>Depending on circumstances, Herbal Salves/Tinctures and/or Solar Oven Construction may be included.</i>	

On even numbered years, GROW BIOINTENSIVE Teachers Workshops leading to certification are held in July. Presentations of the diet/compost/income mini-farms designed by each intern during the summer course will be presented in early September. In addition to the classes and project work during the Summer Course and the Teachers Workshop, interns have the option of revising their Mini-Farm Design Project, doing an all-nutrient evaluation of their diet design, or an Independent Study Project (with presentations in early October). For a more detailed description of the daily activities for an internship, see the Sample Schedule/Curriculum/Reading List on page 15 of this booklet.



INTERNSHIP EXPENSES

Since Ecology Action is a small, non-profit organization, financial aid is limited, and this is a fee-based internship, with cost estimates indicated in the tables on the next page.

Special scholarships or stipends may be available depending on the situation of the applicant (demonstrated merit and financial need) and the program they are associated with (ability of the applicant to use the skills they gain through the program to benefit their community and the planet). Funding may be provided by the program sponsoring the participant, by the participant him/herself, and/or corporations, foundations, and/or individuals. Please be sure to explore funding through all avenues available to you.

Cost Estimate for a Six-Month Internship at Ecology Action, 2015

Direct Costs	Interns from the U.S.A.	Interns from Other Countries
Tuition	\$3,000*	\$3,000*
Room	1,200*	1,200*
Food	900	900
Utilities	300	300
Publications	320	320
Supplies	300	300
Phone/Internet	240	240
Incidentals	1,200	1,200
Medical Insurance	600	600
Administration	1,500*	1,500*
Co-Sponsoring + visa	—	3,100
SEVIS Form	—	180
Transportation	250-500	600–2,500
TOTAL	\$9,810-10,060	\$13,540-15,440
TOTALS if scholarship available	\$4,110-4,360	\$7,840-9,740
*One or more costs sometimes waived, when scholarship is available.		

Cost Estimate for a 12-Month Internship at Ecology Action, 2015

Direct Costs	Interns from the U.S.A.	Interns from Other Countries
Tuition	\$6,000*	\$6,000*
Room	2,400*	2,400*
Food	1,800	1,800
Utilities	600	600
Publications	282	282
Supplies	600	600
Phone/Internet	480	480
Incidentals	2400	2400
Medical Insurance	1,200	1,200
Administration	3,000*	3,000*
Co-Sponsoring + visa	—	3,100
Interview Fee	—	100
SEVIS Form	—	180
Transportation	500-1,000	1,200–5,000
TOTAL	\$19,300-19,800	\$23,380-27,180
TOTALS if scholarship available	\$7,900-8,400	\$11,980-15,780
*One or more costs sometimes waived, when scholarship is available.		

SUGGESTED ITEMS FOR INTERNS TO BRING

Be prepared for rustic conditions with limited water and electricity

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/workboots 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 **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.

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 car pooling is encouraged.



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 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 Sunday before you officially begin your internship, so that there will be time to settle in before things begin early Monday morning. For example, the 2015 internship officially starts Monday, the 13th of October; interns will be arriving on Sunday, the 32nd of September.

If you are flying in and need us to arrange for transportation from the San Francisco Airport to the research site, you need to schedule your arrival for *Sunday morning* in order for us to get you to your site by early evening.

You should schedule your departure flight to leave the San Francisco Airport during the *late afternoon or evening* on the day listed below, as we will be leaving your research sites in the morning, and must allow time to reach the airport, which is approximately 3.5 hours away, and to leave time for airport processing (airports recommend arriving at least 2 hours before your flight is scheduled to depart).

- 6-month interns for 2015: depart Saturday October 19th 2015
- 12-month interns for 2015: depart Saturday April 9th 2016

Please note: The cost of any excess baggage fees on the return trip is 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.

Before you leave, you are responsible for removing your possessions and cleaning your living quarters so that the next interns have a comfortable and welcoming experience!



FOLLOW-UP ACTIVITIES

It is expected that graduates of the internship program are prepared to continue and/or initiate GROW BIOINTENSIVE mini-farms, classes, and other related activities for at least two years following the internship. During the period of the internship, participants will be able to work with a staff member to plan their future activities program. Those interns wishing to become GROW BIOINTENSIVE certified teachers should read Ecology Action Booklet #30 available online at www.growbiointensive.org.

For a schedule of recommended activities upon completion of your internship, please see the *Two Year Planning Template for 6-month Interns* on page 23 of this booklet.

POST-INTERNSHIP TECHNICAL/FINANCIAL ASSISTANCE

Ecology Action and its staff love our interns and are delighted to make this learning opportunity possible. After all, the next generation of GROW BIOINTENSIVE interns are pioneers and are a hope for sustainable agriculture around the globe. We often make special efforts to enable interns to come to this training and periodically take significant financial risks to ensure that participants are able to come to learn with us.

At the same time, it is important to note that Ecology Action is a very small, low-income (by U.S. standards) organization with a small staff, and is generally not in a position to make or find financial grants and/or to provide project/program gifts to participants or their projects (e.g. pumps, solar panels, computers, cameras, tools, etc.). Any technical funding assistance provided to a project/program by Ecology Action normally grows from evidence of a thorough understanding, use and practice of the GROW BIOINTENSIVE® method by the staff of the project seeking assistance, and normally occurs only after several years of evaluation.

Ecology Action's long-term emphasis is to enable the establishment of five worldwide GROW BIOINTENSIVE regional centers and national mini-ag demonstration centers and to promote quality assurance for GROW BIOINTENSIVE practices. Ecology Action has no additional projects of its own other than its mail-order service, Bountiful Gardens, and its organic gardening supply store, Common Ground. When independent GROW BIOINTENSIVE efforts are found to be worthy of assistance, Ecology Action sometimes takes the initiative to help such efforts. Ecology Action provides technical assistance through publications, workshops, certification, and so on, but rarely through financial assistance.



MEDICAL REPORT for ECOLOGY ACTION INTERNSHIP APPLICANTS

(page 1 of 2)

This report must be completed by a licensed doctor who has examined the applicant to the internship program and knows his/her medical history.

Upon completion of the form, please either FAX both pages to Ecology Action at +1-707-459-5409 or scan it and email both pages as either a PDF or JPEGs to contact@growbiointensive.org.

In either case, please include "Internship Application Medical Form for {patient's name}" as the subject line in the fax or email, so that we know who the form belongs to.

Name of the Patient: _____ Height: _____ Weight: _____ Sex: **M/ F**

Date of the examination: ____/____/____ Examination location (city): _____

Name of Doctor: _____ License number: _____

Doctor's Contact Information: _____

1) How long have you known the patient? _____

2) Does the patient or any close relative have a contagious disease? **Yes /No**

If you answered yes, please describe:

3) Does the patient have any history of serious injury, illness or disease? **Yes /No**

If the answer is yes, please describe the condition, duration of the treatment, age of the patient at the time of treatment, and final result of the treatment:

4) Please test the patient for tuberculosis. Did this patient test **Negative** or **Positive** for TB?

5) Is the patient currently taking any prescription medicine or in need of ongoing medical treatment? **Yes / No**

If the answer is yes, please describe the medicine and reason for treatment:

6) Is the patient allergic to penicillin, other antibiotics or other medications? **Yes / No**

If yes please specify: _____

7) What year did the patient last receive a vaccination for Tetanus? _____

If longer than 5 years ago, please administer now and provide the date of the injection: ____/____/____

8) Does the patient smoke? **Yes / No**

If the answer is yes, how many cigarettes per day? _____

MEDICAL REPORT for ECOLOGY ACTION INTERNSHIP APPLICANTS

(page 2 of 2)

9) Does the patient drink alcoholic beverages?

Never **Occasionally** **Frequently** (more than 5 times per week)

10) Check the box if the patient has problems or previous history with any of these conditions:

- | | | |
|---|---|---|
| <input type="checkbox"/> heart disease | <input type="checkbox"/> shortness of breath | <input type="checkbox"/> nervous disorder |
| <input type="checkbox"/> dental problems | <input type="checkbox"/> back problems | <input type="checkbox"/> anemia |
| <input type="checkbox"/> gum disease | <input type="checkbox"/> joint problems | <input type="checkbox"/> fatigue/lack of energy |
| <input type="checkbox"/> allergies | <input type="checkbox"/> diabetes | <input type="checkbox"/> appetite loss |
| <input type="checkbox"/> asthma | <input type="checkbox"/> cancer | <input type="checkbox"/> drug addiction |
| <input type="checkbox"/> skin condition | <input type="checkbox"/> HIV+ | <input type="checkbox"/> alcoholism |
| <input type="checkbox"/> organs | <input type="checkbox"/> sexually transmitted disease | <input type="checkbox"/> obesity |
| <input type="checkbox"/> underweight | <input type="checkbox"/> ulcer | <input type="checkbox"/> cough |
| <input type="checkbox"/> lack of mobility | <input type="checkbox"/> hearing loss | <input type="checkbox"/> infection |
| <input type="checkbox"/> broken/improperly healed bones | <input type="checkbox"/> poor eyesight | <input type="checkbox"/> depression |
| <input type="checkbox"/> bleeding | | <input type="checkbox"/> Other. |

If you checked any of the boxes, please describe:

11) This patient has applied to join a U.S. farm-training program. This program requires daily, physically rigorous activity. Is there any medical reason that might prevent the patient from performing well in such a program? **Yes / No**

If the answer is yes, please explain:

12) Please indicate the general health of the patient: **Excellent** **Good** **Fair** **Poor**

Doctor's name: _____

Signature: _____ Date: ___ / ___ / ___

Official Stamp:

ECOLOGY ACTION

5798 Ridgewood Road, Willits CA 95490-9730

Phone: (707) 459-0150 Fax: (707) 459-5409

RELEASE FORM

(This form should be mailed or faxed to us at the above address or number.)

Name: _____

Address: _____

City/State/Zip Code: _____

Country: _____ Telephone: (____)_____

E-mail address (if available): _____

EMERGENCY CONTACT:

Name: _____

Address: _____

City/State/Zip Code: _____

Country: _____ Telephone: (____)_____

I have a ____ heart condition, ____ back condition, ____ other present and/or pre-existing conditions which could limit my full participation in the physical activities of this internship. Please describe in detail on the other side. Also, please list any medications you are currently taking.

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.

Date of last medical examination: _____

Name: _____ Date: _____

Signature: _____

SAMPLE SCHEDULE/CURRICULUM/READING LIST

*Actual content and activities may vary.
You will receive an updated course syllabus for your internship if you are accepted to the program.*

ECOLOGY ACTION
COMMON GROUND MINI-FARM
5798 Ridgewood Road, Willits CA 95490-9730
Phone: (707) 459-0150 Fax: (707) 450-5409

ECOLOGY ACTION INTERNSHIP
And
GOLDEN RULE COMMUNITY SPECIAL INTERNSHIP
And
GREEN BELT INTERNSHIP

SUMMER COURSE SCHEDULE AND READING LIST 2012

A SAMPLE SCHEDULE OF TOPICS

Plus a Reading Schedule for what to read in preparation for each topic.

**Interns are requested to bring your Workshop Manual, HTGMV and calculator to ALL classes,
as well as other materials indicated.**

APRIL

4/15 Arrival [Dan & Margo] ?

4/23 Mon. a.m. Summer Course Schedule and Reading Assignments (J)

Introductions and Personal Long-Term Goals (Everyone)

MESA Sponsorship (J)

Miscellaneous: passport and entrance form copies, medical insurance coverage (J)

Library: alarm, books, borrowing policy (J)

EA Interns only:

“Settling In” in Apprentice/Intern Handbook, see also Priorities and Expectations

Garden Procedures — Tool Shed; Tools; Data; Fertilizers; Garden Layout; Job List Garden Manual

Course/Internship Overview: Learning - 3 types: Beginning, Intermediate, Advanced (“Essential Points” in Workshop Manual); 3 ways: Reading, Classes, Garden Work. Responsibilities: Garden, Site; Expectations: Mini-Farm Design Project, Independent Study Project, etc. (J)

What is Ecology Action’s purpose?

Double-Digging and Watering Demonstrations—EA/GBLT and GR separately

Minister of Life Enhancement

4/24 Tues Data Class- All day

4/30 Mon. a.m. Bed Preparation (J)

p.m. Fertilization and Transplanting Demonstrations Compost,—EA/GBLT and GR separately

Double Digging / GB

SAMPLE SCHEDULE/CURRICULUM/READING LIST

*Actual content and activities may vary.
You will receive an updated course syllabus for your internship if you are accepted to the program.*

May

Participants work on Mini-Farm Design Projects, as assigned.

- 5/7 Mon. a.m. Seed Propagation Demonstration—EA and GBLT separately (MH)
- 5/8 Tues. a.m. Seed Propagation Demonstration GR
- 5/9 Wed. EA Interns only: Fire Drill (MH)
- 5/14 Mon. a.m. Presentation of 21-Bed, 3-Bed and 1-Bed Units; Bed-Crops-Months; 72-Bed Unit (J)
Materials needed: Booklets #14, #15, #25, #26, #28, #34
- p.m. Introduction of Ecology Action Goals; World Situation; “Tour” (J)
Video: “Circle of Plenty”; “Journey in Kenya”
- 5/19 Sat. *EA Garden Tour for the public*
- 5/21 Mon. a.m. Introduction of Mini-Farm Design Project (J)
Materials needed: HTGMV Master Charts, *One Circle*, Booklets #14, #15, #25, #28, #31; Preliminary Worksheets (to be handed out in class); pencil
• **Assign “Solving the Diet” (Form 2) and Forms 3 and 5. Due date: 5/29**
- p.m. Diet (J) Materials needed: *One Circle*
• **Assign Quick Diet Design Exercise. Due Date: 6/4**
- 5/29 Tues. a.m. Compost (J) Materials needed: Booklet #32
• **Collect Forms 2, 3, 5.**
- p.m. Seed Propagation (J)

JUNE

- 6/2 Sat. *EA Garden Tour for the public*
- 6/4 Mon. a.m. One-Bed Unit Exercise. Introduce Form 6. (J)
• **Collect Quick Diet Design Exercise.**
• **Assign Form 6 to work on. Due date: 6/11**
- 6/11 Mon. a.m. Compost Crops (J) Materials needed: Booklets #14, #15, #25, #32
Practical Watering Principles (J)
• **Collect Form 6.**
• **Organize days to eat diets.**

Participants work on Mini-Farm Design Projects
Preliminary Mini-Farm Design Project Presentations (and report on one day’s diet as eaten) to be scheduled

- 6/24 Sunday *EA Garden Tour for the public*
- 6/18 Mon. a.m. Income (J) Materials needed: *Backyard Homestead*
• **Assign Form 4 to work on. Due date: 6/25**
- 6/25 Mon. a.m. Sustainability and Preview of Human Waste Recycling (J)
- p.m. Advantages of Biointensive (J)
• **Collect Form 7.**

SAMPLE SCHEDULE/CURRICULUM/READING LIST

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JULY

7/2 Mon. a.m. Planning (J) Materials needed: pencil
• **Collect Form 4. Assign Form 7 to work on. Due date: 7/2**

p.m. Philosophy/History (J)
Video: “Gardensong”
• **Assign Form 8 to work on. Due date: 7/30**

7/9 Mon. a.m. Seed Collection/Saving (J) Materials needed: Booklet #13

p.m. Insects and Diseases (J)

Participants work on Mini-Farm Design Project, Special Crop Studies and/or Independent Study Projects

7/11 Wed am Crafts: Lavender Wands (C?)

Teacher Workshop 7/16-20

7/25 Wed. a.m. *(all interns)* **New Class Day!** Introduction to International and National Issues
—Consist also of any 6-month interns giving their story if they feel led
p.m. —Open discussion of challenges;
—Small group exercise: How would you change the food system?
—Organizational Development

Night Big Community Dinner! (Could be a dinner where interns make a small dish that represents their culture)

7/30 Mon. a.m. Fertilizers / Fertility (J) Materials needed: Booklet #12

p.m. Reading Soil Test Results
Human Waste Recycling (J) Materials needed: *Future Fertility*
• **Collect Form 8. Assign Form 9, pp. 1-2, to work on. Due date: 8/6**

Mini-Farm Design Scheduling and 10-year Goals Presentation

AUGUST

Participants continue with Mini-Farm Design Projects, Special Crop Studies and Independent Study Projects

8/4 Sat. *EA Garden Tour for the public*

SEPTEMBER

9/10 Mon. a.m. Water Use/Arid Farming Techniques (J)

p.m. Plant Soil Testing (J)
• **Form 9 to be assigned and turned in as appropriate.**
Page 3 & 4 due: 8/13

9/17 Mon. a.m. Trees (J) Video: “The Man Who Planted Trees”

9/ 19-20 Wed. Thurs Making a Solar Box Cooker (C?)

9/24 Mon Final Mini-Farm Design and 10-year goals Presentations

Participants continue with Special Crop Studies and/or Independent Study Projects
Compost crop planting
Compost crop planting continues

October

10/8 Mon. Schedule Presentations of Special Crop and/or Independent Study Projects

SAMPLE SCHEDULE/CURRICULUM/READING LIST

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PUBLICATIONS LIST FOR INTERNS AND SPECIAL INTERNS

ECOLOGY ACTION PUBLICATIONS:

How to Grow More Vegetables, 7th ed. [SP]

The Sustainable Vegetable Garden

The Backyard Homestead, Mini-Farm & Garden Log Book

One Circle

Future Fertility

Self-Teaching Mini-Series Booklets:

#0 — *Biointensive Mini-Farming: A Rational Use of Natural Resources* [SP]

#1 — *Cucumber Bonanza* [SP]

#11 — *Examining the Tropics* [SP]

#12 — *Growing and Gathering Your Own Fertilizer*

#13 — *Growing to Seed* [SP]

#14 — *The Complete 21-Bed Biointensive Mini-Farm* [SP] /

#15 — *One Basic Mexican Diet* [SP]

#17 — *Garden Research for Food and Flavor* [SP]

#18 — *Dried, Cut and Edible Flowers for Pleasure, Food and Income*

#19 — *Biointensive Micro-farming: A Seventeen Year Perspective* [SP]

#21 — *Micro-Farming as a Key to the Revitalization of the World's Agriculture*

#24 — *Comprehensive Definition of Sustainability* [SP]

#25 — *One Basic Kenyan Diet*

#26 — *Learning How to Grow All Your Own Food A Supplement for Booklet 14*

#27 — *Growing Medicinal Herbs in as Little as Fifty Square Feet — Uses and Recipes*

#28 — *The Smallest Possible Area to Grow Food and Feed*

#29 — *Test Your Soil with Plants*

#30 — *GROW BIOINTENSIVESM Sustainable Mini-Farming Teacher-Training & Certification Prog.*

#31 — *Designing a GROW BIOINTENSIVE[®] Sustainable Mini-Farm*

#32 — *GROW BIOINTENSIVE[®] Composting and Growing Compost Materials*

#33 — *Grow Your Own Grains*

#34 — *Food for the Future, Now*

#35 *Low-Natural Rainfall Growing*

#36 *An Experimental Complete 33 Bed GROW BIOINTENSIVE[®] Mini-Farm: Fertility, Nutrition, & Income*

37 *Learning How to Grow All Your Own Food —*

PB #1 — *Another Way to Wealth*

GROW BIOINTENSIVE Apprenticeship Possibilities (booklet)

Composting for the Tropics (booklet)

DVD- GROWBIOINTENSIVE A Beginner's Guide in 8 Easy Sessions

OTHER PUBLICATIONS:

Seed to Seed, 2nd ed., Suzanne Ashworth, 2002.

Saving Seeds, Marc Rogers, 1990

SAMPLE SCHEDULE/CURRICULUM/READING LIST

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READING SCHEDULE

(Reading and other preparations may be done during any free time.)
(INTRODUCTION) = Found in Introduction section of the EA Workshop Manual
□ = Item is in Supplementary Manual. A copy is on reserve in the E.A. Library.
SP = Available in Spanish.

Reading for INTRODUCTION (to be done as soon as possible):

- "Dear Workshop Participant" (INTRODUCTION)
- "In Defense of Old-Fashioned Training" (SUPP. MANUAL—PHILOSOPHY/HISTORY)
- *One Circle*, pp. viii-xiii; 145-149
- *Christian Science Monitor* article (SUPP. MANUAL—E. A. BACKGROUND)
- "Cultivating Our Garden", *In Context* (ECOLOGY ACTION BACKGROUND) [SP]
- "The Call to Dig", *Horticulture*, March 1985 (SUPP. MANUAL—E. A. BACKGROUND)
- *How to Grow More Vegetables*, "Building Soil, Building the Future", pp. xi-xiv
- First section of Garden Manual (for E.A. Interns)

Reading for BED PREPARATION (to be done by 4/30):

- *How to Grow More Vegetables*, Bed Preparation Chapter, pp. 2-17 [SP]
- "Double-digging vs. Rototilling" (BED PREPARATION) [SP]
- "Soil Physical Environment" (SUPP. MANUAL—BED PREPARATION)
- "Texture-by-Feel Procedure" (BED PREPARATION)
- "Living Quarters for Plant Roots" (BED PREPARATION) [SP]

Reading for DIET (to be done by 5/21):

- *One Circle*, Contents, Foreword, Introduction, pp. 1-72, 139-144, 150-197
- Booklet #14: *The Complete 21-Bed Biointensive Mini-Farm*, Diet Crop Section, pp. 16-23 [SP]
- Booklet #26: *Learning How To Grow All Your Own Food*
- Booklet #15: *One Basic Mexican Diet* [SP]
- Booklet #25: *One Basic Kenyan Diet*, Diet Crop Section, pp. 4-10
- Booklet #28: *The Smallest Possible Area To Grow Food and Feed*

Optional Reading: *One Circle*, pp. 73-128

Additional Resources: *Diet for a Small Planet (10th Anniversary Edition)*, *Victory Garden Cookbook*, *Tassajara Bread Book*, *Laurel's Kitchen Cookbook*, *Moosewood Cookbook*, *Nutrición Efectiva = A Comida Vegetariana*

SAMPLE SCHEDULE/CURRICULUM/READING LIST

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Reading for COMPOST (to be done by 5/29):

- How to Grow More Vegetables*, Compost Chapter, pp. 32-46 [SP]
- Booklet #32: *GROW BIOINTENSIVE® Composting and Growing Compost Materials*
- "Dung Ho" (SUPP. MANUAL—COMPOST)
- "The Rapid Compost Method" (SUPP. MANUAL—COMPOST)
- "Eighteen Tons of Compost with the Fourteen-Day Method" (SUPP. MANUAL—COMPOST)
- "Roots in the Soil" (COMPOST)
- "Mulching, Living Mulch and Double-Digging" Information Sheet (COMPOST) [SP]
- "Humus" Information Sheet (SUPP. MANUAL—COMPOST)
- "Composting for the Tropics" (booklet)

Reading for SEED PROPAGATION (to be done by 5/29):

- How to Grow More Vegetables*, Seed Propagation Chapter, pp. 58-78;
- Air and Soil Temperature Tables, pp. 79-80 [SP]
- Germination Temperatures from Knott's (SUPP. MANUAL—SEED PROPAGATION/COLL.)
- Open-Pollinated vs. Hybrid Seeds (SEED PROPAGATION/COLLECTION)

Reading for COMPOST CROPS (to be done by 6/11):

- Booklet #26: *Learning How To Grow All Your Own Food*
- Booklet #14: *The Complete 21-Bed Biointensive Mini-Farm*, Comp. Crops Sec., pp. 4-15 [SP]
- Booklet #15: *One Basic Mexican Diet*, Supplement: Compost Crops Section [SP]
- Booklet #25: *One Basic Kenyan Diet*, Compost Crops Section, pp. 14-22
- Booklet #28: *The Smallest Possible Area to Grow Food and Feed*
- Booklet #32: *GB Composting and Growing Compost Materials*
- Compost Crop Alternatives (COMPOST CROPS)
- Carbon in Compost and Green Manure (COMPOST CROPS)

Reading for PRACTICAL WATERING PRINCIPLES (to be done by 6/18):

- How to Grow More Vegetables*, Watering, pp. 71-74 [SP]
- "Intensive Gardening -- Less Water and Higher Yields" (WATERING)
- 1972-75 Research Report Summary: Water Section (WATERING)

Reading for INCOME (to be done by 6/25):

- Booklet #14: *The Complete 21-Bed Biointensive Mini-Farm*, Income Crop Sec., pp. 24-31 [SP]
- Booklet #26: *Learning How To Grow All Your Own Food*
- Booklet #18: *Dried, Cut and Edible Flowers for Pleasure, Food and Income*
- Backyard Homestead*, pp. 16-45
- Booklet #1: *Cucumber Bonanza* [SP]
- Booklet #25: *One Kenyan Diet*, Income Crops Section, pp. 11-13
- Personal Booklet 1: *Another Way to Wealth*
- Kona Kai Farm materials (INCOME)

SAMPLE SCHEDULE/CURRICULUM/READING LIST

*Actual content and activities may vary.
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- Table 8 from 1972 Preliminary Report Research (INCOME)
- Income Calculations (INCOME)

Reading for PLANNING (to be done by 6/25):

- How to Grow More Vegetables*, Master Charts and Planning Chapter, pp. 81-126;
- Backyard Homestead*, Chapter 3, Stages One and Two, pp. 46-66
- The Sustainable Vegetable Garden*, Chapter 7, pp. 47-71
- 38-Bed Unit Information Sheet (PLANNING) [SP]

Reading for PHILOSOPHY / HISTORY (to be done by 6/25):

- How to Grow More Vegetables*, History and Philosophy section, pp. xiv-xviii [SP]
- "The Lesson of a Garden" (PHILOSOPHY/HISTORY)
- "The World's Cupboard is Bare" (SUPP. MANUAL—PHILOSOPHY/HISTORY)
- Earthwatch* article (SUPP. MANUAL—PHILOSOPHY/HISTORY)
- Schumacher's Poverty (PHILOSOPHY/HISTORY)
- "Learning Time" (PHILOSOPHY/HISTORY)

Reading for SUSTAINABILITY and FERTILIZERS / FERTILITY (to be done by 7/30):

- How to Grow More Vegetables*, Fert. Chap., pp. 47-57; Sustainability Chap., pp. 18-30 [SP]
- "Several Ascending Stages of Sustainable Soil Fertility Organic Farming" (SUST./FERT.) [SP]
- "GBMF: Sustainable Application of Composted Vegetable Matter ..." (SUST./FERT.)
- Booklet #12: *Growing and Gathering Your Own Fertilizer*
- Timberleaf Soil Test Service Information Kit (SUST./FERT.) [SP]
- Booklet #24: *Comprehensive Definition of Sustainability* [SP]

Reading for HUMAN WASTE RECYCLING (to be done by 7/30):

- Future Fertility*

Reading for WATER USE / ARID FARMING (to be done by 8/6):

- How to Grow More Vegetables*, Key Water Factors, pp. 76-77 [SP]
- "Trenching Compost for Arid Regions" (SUPP. MANUAL—WATER/ARID/TROPICS)
- "Pitcher Irrigation" (SUPP. MANUAL—WATER/ARID/TROPICS)

Reading for PLANT SOIL TESTING (to be done by 8/6):

- Booklet #29: *Test Your Soil with Plants*

Reading for SEED COLLECTION/SAVING (to be done by 9/5):

- The Sustainable Vegetable Garden*, pp. 93-101
- Booklet #13: *Growing to Seed* [SP]
- Saving Seed*, by Marc Rogers
- Seed to Seed*, by Suzanne Ashworth
- Additional Resource: *The Garden Seed Inventory* (Sixth Edition), by Kent Whealy

SAMPLE SCHEDULE/CURRICULUM/READING LIST

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Reading for INSECTS AND DISEASES (to be done by 9/5)

- How to Grow More Vegetables, A Balanced Backyard Ecosystem and Its Insect Life*, pp. 170-178 [SP]
 - Pests and Diseases Information Sheet (COMPANION PLANTING) [SP]
- Additional Resource: Rodale's *Encyclopedia of Natural Insect and Disease Control*

Reading for COMPANION PLANTING (to be done by 9/16):

- How to Grow More Vegetables, Companion Planting*, pp. 152-169

Reading after Course:

Booklet #27: *Growing Medicinal Herbs in as Little as Fifty Square Feet — Uses and Recipes*.
World Vegetables, 2nd ed., by Vincent Rubatzky and Mas Yamaguchi. Chapman and Hall, 1997.
Cereal Crops by Warren H. Leonard and John H. Martin. Macmillan, 1963.
East African Crops by J. D. Acland. Longman, 1971.

All Ecology Action publications, Biointensive garden supplies and untreated heirloom seeds are available through Ecology Action's mail order service. Write for a free catalog (\$2.00 if outside the U.S.) to **BOUNTIFUL GARDENS CATALOG**, 18001 Shafer Ranch Road, Willits, CA 95490 or see www.bountifulgardens.org.

You are also invited to visit Ecology Action's Educational Center and Organic Gardening Supplies Store in Palo Alto, California. Classes, library, and advice are available Tuesday through Saturday, from 10 a.m. to 5:30 p.m. and Sunday, from 10 a.m. to 5 p.m. at **COMMON GROUND GARDENING STORE**, 559 College Ave. (on the west side of El Camino Real, 2 blocks north of California St.), Palo Alto CA 94306. www.commongroundinpaloalto.org

2-YEAR PLANNING TEMPLATE for 6-MONTH INTERNS

Sample Template. Interns will receive an updated planner upon completion of the internship.

Two Year Planning Template for 6-month Interns

At Ecology Action, we are dedicated to your future success. After you return home, there are so many things to catch up on, including family and friends, professional relationships, and a multitude of community activities. In order to assist you in your GROW BIOINTENSIVE work, we are providing this Planning Template to help you think through and lay out your first two years.

Sample GB Garden, Funding and Training Plan

January

- Connect with 3 or 4 NGOs and set up informational meetings to inform them of what we are doing in regard to GB training, and explore any potential partnerships or funding source opportunities.
- Search for GB demo site, secure location, tools, seeds, other resources.

February

- Contact community garden managers and meet with them to explain GB method, and determine level of interest in adopting GB or providing venue for training.
- Double dig 10 beds
- Flat lettuce, kale other cool weather 10% crops + 60% grain (compost/carbon) crops
- Start compost pile, source initial feedstock
- Give two introductory presentations on GB to community or service organizations, schools, youth groups, churches

March

- Contact two potential donors per week, send information or arrange GB introductory presentation
- Solicit volunteers, enroll them in GB demo garden vision
- Double Dig 10 beds, order 30% root crops

2-YEAR PLANNING TEMPLATE for 6-MONTH INTERNS

Sample Template. Interns will receive an updated planner upon completion of the internship.

April

- Schedule first one day GB workshop, print and distribute fliers, send emails to database of potential funders, individual donors, gardening clubs, churches, etc.
- Flat corn, quinoa
- Contact 2- 3 potential funders/donors per week, request informational meeting
- Send out fliers/emails for 3 day workshop to be held in June. Plan event, find resources

May

- Schedule second one day GB workshop...as before, inviting 30 to 40 people
- Plant corn, quinoa,
- Flat crops to be planted during 3 DWS in June
- Schedule 2 -3 meetings with restaurants or small veg retailers, to determine interest in produce from demo garden. A local restaurant featuring your produce gives great positive exposure

June

- Schedule 2 – 3 presentations to community groups, inform them of 3DWS
- Hold 3 Day Workshop, Double dig 20 beds with attendees, plant 20 beds
- Deliver produce samples to potential customers, get feedback. Ask for supply contract
- Plant additional greens, tomatoes or whatever customers request

July

- Send out donor letter with report and photos of 3 DWS. Follow up with phone call.
- Harvest greens. flat fall crops

2-YEAR PLANNING TEMPLATE for 6-MONTH INTERNS

Sample Template. Interns will receive an updated planner upon completion of the internship.

- Set up presentation at local restaurant featuring produce and workshop opportunity
- Write and mail mid-year newsletter (electronic version too)

August

- Hold One Day workshop- invite 30 to 40 people
- Follow up with community organizations, get on speakers list for Rotary and other service organizations
- Harvest compost crops, start new compost pile
- Contact local teachers to schedule presentations or 1 hour GB demo at school

September

- Visit 3 – 4 local schools to do 1 hour demo. Talk with teachers about establishing school GB garden.
- Schedule “Harvest Picnic” and workday at garden
- Contact 3- 4 potential produce customers
- Plan Fall/winter crops

October

- Harvest crops, deliver to local customers
- Hold One Day Workshop with community or service organization
- Contact 3 -4 potential funders to schedule informational meeting
- Flat fall/winter crops
- Prepare beds for planting

November

- Hold canning or baking workshop with local restaurant or food retailer, give 15 minute GB presentation. Supply food for demonstration
- Plant greenhouse/cold frame crops

2-YEAR PLANNING TEMPLATE for 6-MONTH INTERNS

Sample Template. Interns will receive an updated planner upon completion of the internship.

- Plan next year's garden, order seeds

December

- Schedule 1 – 2 informational meetings with potential donors
- Send out end of year newsletter, with thank you notes to those that have participated in workshops, customers and especially donors. Consider donor gifts of products from garden.
- Take a rest and enjoy the holidays!

Year 2

The plan will follow the same pattern, except increase all your contacts and workshop target numbers by 30%. If you have been a successful fundraiser and marketer, consider bringing in a regular part-time assistant. A volunteer would be great or a season intern that doesn't require compensation except produce share.

Monitoring and Evaluation

Each month we would request that you send reports on training, as well as on all new contacts made with NGOs and government agencies, new opportunities that present themselves, and in-kind funding that has been leveraged, to the program's fiscal sponsor, Ecology Action. Please include in the report which younger trainers are helping you provide training sessions. Please keep track of the number of people being trained directly during workshops and indirectly through training sessions given by previously-trained people, and the number of trainers who are interested in becoming Certified GB trainers at the basic and intermediate levels.

The number of people educated will keep expanding as those trained within the program create demonstration gardens on their farms, teach the method to their neighbors, commit to becoming certified instructors, and establish their own training programs. Going by previous experience in several regions, the training sessions also create greater support networks of NGOs and government agencies. The ongoing training sessions will consolidate previous work, bring a greater number of people into the teaching network, and help assure that the program will remain strong and continue to expand into the future.

2-YEAR PLANNING TEMPLATE for 6-MONTH INTERNS

Sample Template. Interns will receive an updated planner upon completion of the internship.

The following is an example of a monthly report sent to Ecology Action by a former intern:

Monthly Report May, 2012

GROW BIOINTENSIVE Mini-Ag Center Location/Country: Malawi

GROW BIOINTENSIVE trainer: Charity Chirwa

Schedule of activities (double-digging, planting, weeding, harvesting, teaching, etc.)

Date	Activity	Number of People	Location
3 may	weeding	12	mbowe
9 may	Transplanting seedlings	13	mchegautuwa,
12 may	land preparation	6	geisha,nkhatabay
24 may	harvesting	13	mchegautuwa
27may	Meeting with new farmers	10	malivengi

Number of people (specify the number of women and men) trained this month:

Women 20 Men 9 Children 6

Name of locations (village, town or farm): Mchegautuwa, Malivengi and Geisha area.

Description or Comments (please tell us about your experiences farming, teaching, etc.)

In Malawi it is our custom for women to do a lot of farm work as compared to men. Upon Looking at the # of farmers that I have trained so far, records have shown that men are Slowly coming in the world of farming, they are now interested & do participate in farm work.

Skills and concepts used or improved this month:

I worked with my farmers through sharing of ideas & experiences. They give out their views,

We discuss, I correct where necessary & Input them with G.B.I.A.

How has your teaching improved?

I have learnt a lot from farmers I have been training. This has given me a picture of how to Approach & train new farmers for better welcoming of our method of farming (G.B.I.A)

What are your goals for next month?:

Make a lot of compost piles starting from our center Mbowe farm, spreading to different Locations of our farmers.why more compost? this is because it is harvesting season in the Country, giving us plenty of compost materials.This compost will be used in this coming Growing season.

Signature of person who completed this form: Charity Chirwa

Date: 29/05/12

ECOLOGY ACTION
5798 Ridgewood Road, Willits, CA
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www.growbiointensive.org