

## Blue Rock Station Internship Opportunity

At Blue Rock Station, we take pride in our ability to translate green living principles (repair, reuse, reduce, recycle, respect) into living breathing ways to live happy and fulfilling lives. Our goal for the summer intern program is to provide opportunities for each person who lives, eats and works with us to find their own definition of green living.

During the time that you will be working and living at Blue Rock Station you will be a member of our family. Family is a huge part, in fact the core of the success of green living. There are many components to a green family life, but first and foremost is respect and time together. During our time with you we promise to provide the following:

1. Specific goals for your time with us – most of the time we will work together to create the goals and discuss progress daily, usually at mealtime.
2. A place to sleep, and time for relaxing – this may be in the Happy Nest, inside of the Earthship or the Intern Cottage.
3. Three meals per day rooted in green living. You may choose to skip breakfast, but we do ask that we eat lunch together, and if you want, dinner. This is a time to reflect on the day and often discuss goals for the next day. Lunch is eaten rather late in the day, and dinner is a light meal, often just before dark in the summertime.
4. Instruction on various aspects of our work including but not limited to sustainable building techniques, natural gardening, animal husbandry, leadership, tourism, and general ideas for living a green life (the last one we can't help but impart in most everything we do).

In exchange for providing you with experience in green living and leadership we request the following:

1. Start the day no later than 8:30 AM. This means being prepared to start work – dressed and eaten breakfast, plus having everything ready that you will need for the day's goals.
2. Be prepared to take a leadership role when asked. We won't ask if we don't think you are capable and ready.
3. Treat the animals, including the humans with respect: no hitting, throwing things, or yelling in anger (occasional cussing does occur, but is directed at the universe and not at humans or generally the animals).
4. Do not use harmful substances, including sprays, tobacco, alcohol or illegal drugs during the time you are working and living at The Station. Any alcohol consumption needs to be cleared with Annie since she's the crazy one about alcohol use. Tobacco, sprays, illegal drugs are not acceptable and any use will be the basis for ending the time you spend at The Station – no exceptions.
5. Sharing the responsibilities for everyday living: sign up for cooking your share of meals per week and help in creating a menu; cleaning up common living areas; cleaning up after using the shower, laundry and compost toilet, and, ugh, the dishes (if you don't cook, you do dishes). We all get tired and occasionally need

- reminding – including us – but for the most part we need to make sure that things look neat and tidy for our visitors.
6. Clear information from you about when you will be here working and living, or if you leave for R&R, when you plan to return. We do expect you to stay the agreed upon time period. Leaving earlier than the agreed upon period of stay makes it difficult for schedules and planned activities/projects.
  7. Long distance calling within the US is limitless, but should be restricted to before or after our business hours of 8 AM to 6 PM. Calling internationally is also not a problem, but you will need to reimburse at the end of each month (we receive a special very cheap rate for international calls).
  8. Access to the Internet is upon request because we have dial-up and it is heavily used. However, if you need more access than we can provide the library in Duncan Falls has regular hours and Broadband.

Generally, the items listed here are meant as a guide for the time we will be working and living together.

Signed:

---

Annie Warmke, co-owner, Blue Rock Station

---

Intern