



# Camp Full Monte

ECO CAMPING NATURALLY WRAPPED

## Volunteering at Camp Full Monte

### What you can expect from us:

- **To receive warm, dry, clean accommodation and adequate food in return for your help.** You will be camping. Your 'home' will be a tent for most of the time. We provide a weatherproof tent. However the Montenegrin weather is extraordinary at times & even in summer, the wind and rain can be impressive so we apologise in advance for an occasional leak! Of course, you are very welcome to bring your own tent if you prefer.
- **To receive hands-on experience of organic growing, country living & an ecologically sound lifestyle.** Although we are not entirely self-sufficient, we do grow vegetables & herbs. We live up in the hills with no immediate neighbours or mains services. We have compost toilets, solar heated water and a solar electricity system. We also have a small generator but we light the building & grounds by candle & solar light as much as possible. All our waste water is re-used to irrigate the gardens and grounds.
- **To receive learning opportunities as part of your stay, by working alongside us in our everyday tasks.** If what we do interests you, we will be very happy to help you learn more.
- **To be treated with respect at all times** & to be able to talk to us openly, at any time if you feel any expectations have not been fulfilled

### What we expect from you:

- **Honest negotiation with us, before you arrive, concerning your needs and expectations.** Tell us as much as you can about yourself so we can do everything we can to give you projects that interest you and ensure you enjoy your time with us.
- **A genuine interest in organic growing or ecologically sound lifestyles.** If you don't like the thought of pulling salad from the garden to make lunch or using a compost toilet or finding your way around the site at night by moonlight or torchlight – then this is not the place for you.
- **That you will give the agreed commitment of help in return for your food and accommodation.** You should expect to work hard and get dirty at times!
- **That you ensure your own safety.** Get adequate insurance if you can and don't take on tasks you are not competent to perform. Know your own limits and take responsibility for your actions.



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- **Keep an open mind when meeting people from other cultures/ religions/ tastes.** Our campsite welcomes naturists and non-naturists and people from all walks of life. We operate a clothing optional policy, which means you can wear as much or as little as you like 24 x 7, it's your choice but be aware that you may be living and working with people who may choose to be clothes free. Make sure you are comfortable with this before deciding to join our inclusive team.
- **Treat us with respect at all times** & let us know immediately if you cannot keep to an arrangement that has been made.

## How long can you stay and what interests/skills will you need?

We offer two types of volunteer hosting. Short term, for periods of 7-10 days. Long term, for periods of at least a month. We may be able to extend these after you arrive if we all get along. Let us know which is of most interest to you.

Our working language is English so you will need to have a reasonable level of spoken English. If you're worried about this, we can arrange a Skype call beforehand. Most people think their English language is worse than it really is.

As mentioned earlier, our clothing optional policy is exactly that, optional. However, if you have experienced clothing optional environments before or are keen to experience one for the first time, then let us know.

Short term volunteers do not need specific skills or interests. We are happy to provide training and give you the opportunity to "have a go" at almost anything. See the section "What to expect from your volunteer experience" below for more details of the kind work we may ask you to be involved with.

Long term volunteers will be given more training and have more specific roles & responsibilities. For our 2020 season we will need : Cooks, housekeepers, gardeners, basic maintenance, construction & carpentry skills, videographers, photographers, social media marketing skills, experience working in hospitality. Ideally you will be willing to act as our deputy on the rare occasions we get a chance to leave site for a day or night.



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## How to arrange your stay

Never turn up without making arrangements with us in advance. We need to negotiate the details of your stay together. Ideally your application will tell us :

- About yourself – We don't need a detailed C.V. just an insight into your likes/dislikes/values etc.
- Your date of birth and nationality.
- The dates you would be available to help.
- If you have your own tent or need one of ours?
- How will you be travelling to us? We may be able to advise if your itinerary is realistic or give you other options.
- What more you want to know about us?
- About your dietary requirements (vegetarian, gluten-free...) or any other specific needs you may have.
- About any illnesses, allergies or disabilities that may affect your ability to help.
- Your experience of volunteering (if you have done it before) and other skills you have, cooking, housekeeping, plumbing, building, social media marketing, videographer/photographer.
- Your past experience of clothing optional environments or your thoughts about experiencing it for the first time.
- What you're interested in learning during your visit.
- Your preferred working hours and free time needs.

## What to expect from your volunteer experience?

It's difficult to be too specific. It depends on when you join us, how many guests we have on site, what the weather's like and the availability of materials etc, etc but here is a rough guide to how a typical season unfolds:



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## Early May

The priority is to get the campsite up and running. Everything is packed away for winter and must be brought from storage and set up. A fair bit of lifting, carrying and deep cleaning during this time. It's also an opportunity to learn about our eco systems as these are brought into operation. It's fun to watch the site evolve from a relative wilderness to a welcoming camping resort. We like to host 4-6 volunteers during this period. With few guests around there's a great team spirit & community feel to the place. There's also work to be done in the organic gardens. Preparing vegetable & flower beds, planting out & potting on seedlings, mowing the grass terraces.

## Mid-May to Mid-June

Once the site is up and running in addition to routine daily tasks our focus shifts to special projects. This year we will be looking for help with:

Rebuilding old terrace walls – dry stone walling

Fencing

Tiling

Carpentry

Welding

Routine maintenance - of our irrigation, solar water and power systems.

Land clearance - clearing overgrown areas of the grounds and boundaries

Painting & mosaics.

## Mid-June – Mid-Aug

As the temperatures rise and visitor numbers increase work on most special projects is put on hold. This is the best time to visit us if you are seeking cultural exchange. Last year we enjoyed the company of visitors from 22 countries across the globe. There is still work that needs doing in the gardens and grounds as well as essential maintenance but largely the day is spent creating a sense of community and doing your fair share of cleaning, cooking, or whatever needs to be done to maintain a welcoming environment for our guests.

## Mid -Aug - Early Sept

We start the process of packing the site away for winter. More lifting and carrying.



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## The rhythm of the day

We work in nature, with nature. The weather is a big factor. When the sun is too hot, a job in the shade or a siesta is best; if it rains, outside jobs may be best (it's cooler, the ground is easier to dig etc). We are flexible, reasonable people who take things on a day by day basis. If you have been up late with us, cooking, cleaning, socialising with guests then we don't expect you to be up at the crack of dawn. That said we try to follow the following pattern :

Typically the day starts with a team meeting around 9.00am when the day's roles/responsibilities/tasks are agreed. So help yourself to a breakfast of cereals, fruit, yoghurt, bread and preserves before 9.00am. There are plenty of opportunities for short breaks and we aim to eat a light lunch around 1pm. There is normally the chance of some free time after lunch for an hour or so. This is especially true in late July and August as the temperatures can climb to the late 30's C and it's simply too hot to do anything other than seek shade or bask in the sun. Things start to get busy again around 3-30pm – 4pm as the gardens need watering and evening meal preparations start. We try to eat the evening meal together between 7.30pm – 8pm with any guests who want to join us. This needs to be cleared away and the kitchen made good for breakfast the following day. After that, there's not much else to be done so it's free time and a chance to interact with guests. Initiative is welcome, if you see something that needs attention then go for it! My favourite phrase is "If it was your campsite what would you do?" It's about taking joint ownership and responsibility with other members of the team and creating a feeling of community for guests and volunteers alike. So whilst not "working" you could be "on call" to help out in the evenings where needed. We also try to rota days off (at least 1 in 7 days) for volunteers to escape site and visit the local sights.

## Food

We love food – we prepare and eat meat, fish, everything but will do our best to ensure your meals meet any dietary requirements you have told us about. We aim to provide organic food or locally sourced food but don't expect a 100% organic diet. You can expect simple but tasty & filling meals but that doesn't mean you get a free run of the larder!

- If you require unusual items in your diet, bring them with you
- Please don't help yourself to snacks outside of mealtimes without asking first
- Hands off any 'special' items that we keep as treats
- If you really can't live without certain luxuries, buy them yourself
- You will be expected to buy your own alcohol, either from us or from local stores.



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## What we provide

This will be agreed with you before you arrive but would normally include:

- A tent, pillow, comfortable pitch and a foam mattress.
- Cleaning service for your own bedding
- Unlimited spring water to drink and 3 meals a day
- Gloves for working
- Tools

## What to bring

- Torch
- Work clothes
- Waterproofs
- Strong footwear, preferably waterproof
- Indoor footwear
- Sleeping bag
- Towel

## Who we are

If you want to know more about us, read our profiles! On the “Find Us” page of our website, we have links to lots of places where we have an internet presence. Our blog (the Wordpress link on that page) has the most info about us, our ethos, what we are trying to do...

We appreciate that you might want to take this opportunity to travel around the region. We are happy to agree time off for you to travel & can store a limited amount of your belongings for you. But it's important to keep in contact with us and let us know when you will be back so we can have your home ready again on your return!



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## The Serious Stuff

### ***Insurance & Money***

Although the Euro is the official currency in Montenegro it is not part of Europe so European standards do not apply here. The public liability insurance that we were used to in the UK is not available here. We have contacted OV Europa for our insurance requirements (only 25 euros per year) and suggest you do the same: [www.oveuropa.com](http://www.oveuropa.com). As far as possible, get yourself insurance for health, accident, travel and liability. Volunteering is not covered by our insurance and is undertaken at your own risk.

### ***Health***

At the present time Montenegro doesn't offer its own health insurance – all medical treatment here is paid for and it is reasonably cheap. Obviously we want to avoid any accidents so be sensible and responsible and do not undertake activities that you consider to be dangerous or outside your competence to perform safely.

### ***Visas***

A visa is not required but there is a tourist tax to pay which we will take care of on your behalf whilst you are with us. If you decide to travel around and stay in other campsites/ hotels they may require you to pay a small tax.

### ***Vaccinations***

There are no specific vaccinations required for Montenegro but there is no harm in asking your doctor for advice before you travel



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## If things go wrong

Sometimes, even with the best intentions on both sides, things just don't work out & neither you nor us are expected to continue if we are not happy.

- Let's not let disappointment make us unreasonable – let's talk & try to work things out together
- Listening to each other is important
- If it can't be resolved, at least let us part on good terms

Tell us why you're unhappy. Do you need more varied tasks? Are you doing more hours than were agreed? Let's try to agree a way forward but we will understand if you decide to move on.

Let us know immediately if your plans change, even if it's short notice. Please call or e-mail – don't just fail to turn up!

## About Montenegro

Use as many sources as possible to learn more about this country – there is some useful information on the 'Camping – Links' page of our website

The climate is generally warm from April to June, hot to very hot in July & August with temperatures tailing off again in September. It can be wet, windy & stormy at almost any time although prolonged periods of rain are uncommon in the summer.

The food here is quite simple – few exotic spices or ingredients are available. Montenegrin cuisine has many influences: Turkish coffee, Greek deserts, Russian salad. They are very big meat eaters and 'national dishes' include: mixed grill (masses of barbequed meat of all types); goulash (meat, normally pork or beef, cooked in a rich sauce until very tender); sarma (minced pork & spices wrapped in cabbage leaves, served in a gravy); various stews made from smoked meat.

The language (Serbo-Croatian) is difficult, with 2 alphabets! But most people speak English or German and the important words (beer, wine!) are easy.