



# 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.** 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.** We grow our own vegetables & herbs, we live up in the hills with no immediate neighbours and we have compost toilets, solar heated water and no mains electricity, so we run a generator when we need power and we light the building & grounds by candle & solar light as much as possible.
- **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!



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- ***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.
- ***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 so 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 to arrange your stay

Never turn up without making arrangements with us in advance. We need to negotiate the details of your stay together. This involves:

- Telling us about yourself – what do you like/ dislike?
- Asking us for more information – what do you want to know about us?
- Telling us about your dietary requirements (vegetarian, gluten-free...) or any other specific needs you may have.
- Telling us 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, plumbing, building, desktop publishing or whatever!
- Telling us what you're interested in learning during your visit.
- Agreeing working hours and time off.



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Here's some information about what to expect from your volunteer experience:

## Projects that will be going on at the time of your visit

It's difficult to be too specific. It depends on how many guests we have on site, what the weather's like, the availability of materials locally to do some of the jobs we need to do etc, etc... But here are some of the ongoing projects you might get involved in:

- Rebuilding old terrace walls – dry stone walling
- Cleaning up the stream – removing rubbish that is carried down from above, clearing the banks, building steps down
- Mending tools – we try to repair tools and machinery wherever possible and/ or salvage parts for other projects; its an ongoing job keeping tools sharpened and clean
- Gardening – weeding, planting, harvesting
- Landscaping – there is no end of digging, barrowing, moving rocks to be done

## The rhythm of the day

We work in nature, with nature. In practice this means the sun & the bird song often wakes us up! People have different ways of working – some folk like to wake up slowly, working late into the afternoon/ evening instead. Others like to throw themselves into the day and then rest later. People are more productive when they work in the way they prefer. However, 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, entertaining guests then we don't expect you to be up at the crack of dawn. Here are some general guidelines:

- This will be agreed with you before you arrive but you may be expected to be available for work for up to 6-8 hours per day, 5 days a week
- Help yourself to breakfast (& clear up after you!)
- Lunch is around midday; evening meal is around 8pm – we love the community experience of eating together but if you prefer not to, we understand



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## Food

We love food – we eat meat, fish, everything! 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.

## What we provide

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

- A tent, pillow & comfortable pitch
- 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...



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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!

## The Serious Stuff

### **Insurance**

Montenegro 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.