



BEIJA FLOR  
VILLAGE

[www.beijaflorvillage.com](http://www.beijaflorvillage.com)

# VOLUNTEER HANDBOOK

A Guideline Supporting Us To Live Consciously & Heart-Centered





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# Welcome Message

Dear Volunteer,

Welcome to Beija Flor Village, a heart-centered community where we live in harmony with nature, each other, and the future we are building together. Here, you'll find a space of love, respect, and shared purpose. We believe that by coming together with intention, we create a village that honors the land, nurtures our children, and supports each other in meaningful ways.

This handbook will guide you through our shared agreements and values, ensuring that your time with us is fulfilling and aligned with our way of life. We are grateful to have you here and look forward to the experiences we will create together.

With gratitude,  
The Beija Flor Village Community

“

*"Love and all is coming" is not just a saying; it's our promise to you as we invite you to inspire the land with your aspirations.*

”

# Our Three Pillars

At Beija Flor Village, we are inspired by these three enlightened pillars:

## Community

We support one another with kindness, respect, and collaboration, ensuring a space where everyone thrives.



## The Natural World

We honor and protect our environment, living in harmony with the land and practicing sustainability.



## Our Children, Our Future

We recognize that our children carry the future, and we nurture them with love, wisdom, and intention.



“

*“In the symphony of the mountain, every stone, every stream, every breeze plays its part.”*

”



# Community Agreements

As a member of our volunteer family, we ask that you uphold these agreements to maintain the harmony of our village:

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## ✔ **Contribute Daily**

Each volunteer commits to four hours of work per day, choosing from available tasks that support the community.

## ✔ **Check-in and Communication**

A co-manager is always available to help with any concerns or guidance.

## ✔ **Respect for Nature**

We minimize waste, conserve water, and honor the natural cycles of the land.

## ✔ **Respect Quiet Hours**

Quiet Hours from Sunday through Friday beginning at 11 p.m. to honor rest, nature, and the ecosystem. On Saturdays, louder noise and brighter lights may stay on past 11 p.m.

## ✔ **Beija Flor Living**

We encourage conscious conversations, kindness, and a spirit of cooperation in all interactions.





# Community Meals & Food Guidelines

- ✓ Community meals are plated and served between:
  - **Breakfast:** 7:00 - 7:30 AM
  - **Lunch:** 1:00 - 1:30 PM
  - **Dinner:** 7:00 - 7:30 PM
- ✓ Community meals must be made using communal food:
  - If you are cooking outside of community meals, please use personal food. If you need someone to save you a plate, report to the Co-Manager.
  - Clean all dishes and pots immediately after use.
  - Put away all food when finished.
- ✓ Food Storage Rules:
  - Communal food is in the refrigerator (not in boxes).
  - Boxes are private—do not touch.
  - Food bin labeled "School" is for school use only.





# Logging Volunteer Hours



1

## Meet With Co-Manager

On the day of your arrival, meet with Co-Manager and give him/her your email address. The Co-Manager will add you to the Beija Flor Volunteer Group.

2

## Accept “Sign Up Genius” Invite

- Accept the invite via your email.
- Create a “Sign-Up Genius” Account.
- Download the app for easy access to keep track of your hours, tasks, and schedule.

3

## Pick & Choose

- Pick & chose your tasks for the week.
- If you arrive mid-week, begin selecting tasks on the day of your arrival, then chose tasks for the rest of the week.
- Each day you should have selected tasks that add up to **four hours** of volunteering.

4

## Need Help?

If you need help regarding the schedule, please see the Co-Manager.

# A Special Event Just For You

Thank you for being here and for sharing your energy with us. Your presence is a gift, and we are honored to have you as part of Beija Flor Village.

We invite you to join our **Friday Night Community Dinner**, where we come together to celebrate, share stories, and express our gratitude for the week. Your contributions are deeply appreciated, and we hope your time with us is filled with learning, connection, and joy.

With love and appreciation,  
The Beija Flor Village Community

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