

Mind Environment

Application Form

Mind Environment Individual Programme, Bardou, September 26th – 30th 2020

We would be grateful if you could take some time to complete the following information.

About you

1. Have you engaged with other forms of personal/psychological/leadership development in the past? If so, please give brief details.

2. Our group process is designed to help you make contact with aspects of yourself that you may not be familiar with. This contact will principally take the form of discussion, but will also involve other techniques, such as drawing, Active Imagination and meditation. It is possible that you may find this experience emotionally challenging – although we should emphasise that being emotionally challenged, to a safe degree, is necessary to do this work. Do you feel comfortable with participating in this aspect of the programme?

3. Do you enjoy outdoor activities, and feel capable of meeting the level of physical challenge offered by the programme? We should stress that if you have a moderate level of fitness, all outdoor activities should be achievable.

Mind Environment

4. Your height (low ceiling accommodation).

5. Do you have any medical conditions that we should be aware of? (We need this for health and safety reasons).

6. Bardou is in a remote location. It is at least a 20-minute drive from the nearest amenities and 45-minute drive to the nearest A&E. Do you feel comfortable with this?

7. Bardou has a simple infrastructure and does not provide a hotel-level of service. Each house has running water and electricity, but no central heating or internal toilets. Only some houses have showers (these are prioritised for female participants). There are communal toilets and showers located in the centre of the village, and earth closet toilets located on the fringes of the village. Are you comfortable with these conditions?

8. The weather in late September averages a high of 21C and a low of 11C. Nights and early mornings can be cool, and if you are cold you will either need to put on warm clothes, or light a fire. Are you comfortable with these conditions?

Mind Environment

9. Bardou is not served by a mains water supply. Instead, water is collected directly from the mountain, and stored in tanks that supply the village, where it is double filtered. Water is therefore clean, but not chemically treated. Members of the public who rent accommodation in Bardou consume this water. Where possible, we will provide bottled water for participants who prefer not to drink from the village water supply. Are you comfortable with these conditions?

10. In order to take part in outdoor activities, it is highly recommended that you bring items with you, such as: hiking boots and socks, waterproof clothing in case of rain, a torch, a rucksack, insect repellent, etc. This list is by way of indication, and you will need to look into what else you would need to bring to make your stay comfortable (if we are able to offer you a place, we will supply a more detailed list of items to bring). Do you own such items, or are comfortable with investing in these?

11. Do you have any food allergies or dietary requirements that we should know about?

12. If you accept a place on the programme, you will be asked to sign a waiver form, which is integrated into the booking form. This waiver form details risks and responsibilities involved in taking part in the programme. Do you agree to signing this?

13. Any other issues that you think we should know about?

Mind Environment

Data Protection. We agree to process your personal data lawfully in accordance with the terms of our privacy policy which is available on our website at www.mindenvironment.co.uk (“Website”).

You expressly understand and agree that while you participate in the programme we may collect and process what is known as ‘Special Category Data’ for the purposes of General Data Protection Regulation, Data Protection Act 2018 and associated statutory law and regulation such as details about your race or ethnicity, religious or philosophical beliefs, sex life, sexual orientation, political opinions, trade union membership, information about your health, and genetic and biometric data), criminal convictions and offences. This ‘data’ will at all times be held securely and only used in the facilitation of our programme in accordance with the terms of our privacy policy.

In signing this form, we will assume that you are happy to be contacted in general regarding the September 2020 Individual Programme. If you would like to be contacted about other events/programmes that we are running then please tick this box [].

I hereby confirm that I have answered all questions on this application form fully and truthfully and that I have also read and understood the challenges, both physical and psychological inherent in the programme as described on the Website and having done so, consider myself to be in a fit state to participate.

.....
Signature of applicant

Date:

Please submit this form to: tom@mindenvironment.co.uk together with any further questions you may have concerning the programme.

Once you have submitted this form, we will be in contact regarding availability.