

**The Mindfulness & Well-Being Centre**  
*Samye Foundation Wales*

*"Empower your mind, Empower yourself"*



**VOLUNTEER APPLICATION FORM**

**Your Name and Address:**

Title: ..... First Name: ..... Surname: .....

Home Address: .....  
.....

Telephone No: (Home)..... (Work) .....

Mobile: ..... Email: .....

**Your work experience.** Please give a brief list of the type of work you have done:

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**Have you ever done voluntary work before:** Yes ... No... if you have answered yes, please give details below:

.....  
.....  
.....

**Are you doing volunteer work for another organisation at the moment?:** Yes ... No .... If yes, please give details of the type of work you are doing:

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.....  
.....

**Type of volunteering work you are interested in at Samye Foundation Wales. Please tick whatever interests you:**

Database entry .....	Helping at events: .....
Office Administration:.....	Marketing Assistant:.....
Cleaning: .....	Fundraising/Grant tenders: .....
DIY maintenance:.....	Reception duties: .....
Research Work:.....	Policy Assistant: .....

**Why do you want to do this type of work and what benefits do you think you will gain from it?**

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**Days of the week that you can work. Please tick each day that you are available.**

Monday ..... Tuesday ..... Wednesday ..... Thursday ..... Friday .....

*Volunteer hours are preferred to be 10.00 to 17.00 with 1 hour for lunch, although some of the work may have variable attendance hours*

**Do you have a disability?** Yes .... No..... If yes, please give details below:

.....  
.....

**Where did you hear about Samye Foundation Wales:** *please tick which applies to you*

Poster ..... Advert ..... Newspaper Article ..... A Friend ..... An Event ..... Or Other, please give details: .....

**References:** *please provide names and addresses of two people who know you well. One should be a previous employer or supervisor if possible; another can be from your local community, not a relative though.*

Name: .....	Name: .....
Position: .....	Position: .....
Address: .....	Address: .....
.....	.....
.....	.....
Relationship to you: .....	Relationship to you: .....

*Please note: the references above will only be contacted if we select you for a volunteer role.*

**Declaration**

**I declare that the information given on this form is correct and to the best of my knowledge.**

Signed: ..... Date: .....