

We strongly suggest that each host develop a checklist of topics to cover or discuss with each intern and trainee during an orientation shortly after their arrival, and to review periodically. We suggest the list include the following topics:

Housing and Personal Hygiene: cleanliness and tidiness.

Meals: mealtimes, dietary preferences and restrictions, supplies available from the farm.

Laundry: availability of laundry facilities.

Telephone and Internet Use: availability and use, including a cell phone.

Smoking and Alcohol: when and where permissible.

Postal System: when and where letter can be sent, when and where post is delivered.

Transportation: availability and permission to use bicycle, car or truck, public transportation.

Visiting: Rules for visits from family or friends, rules for visiting other farms.

Cultural Exchange: Possibilities of social events, sports, farmer organizations, etc.

Special Conditions: Medical conditions, religious preferences, etc.

Training Conditions:

Regular hours and compensation for extra hours.

Payroll times and taxes.

Free time and holidays.

Farm safety.