

Survival Guide for Poio do Acor

Welcome! We hope your stay here will be enjoyable.

To ensure that you and your fellow residents are able to make the most of your time here, and remain safe please read the following:

Water – Poio do Acor water is supplied from a rain well. This means that during the summer or extended periods of drought supplies can be short. Please use water sparingly turning off taps whilst soaping up and keeping showers short. A bucket wash can be just as effective! There is an eco washing machine on the accommodation terrace for washing clothes, or they can be washed in a bucket. Please take care when turning on/off the taps as the water pressure can be quite high.

If there is a significant drop in or no water pressure, or the water is brown switch off the tap and let Swami Vedantananda know immediately.

Please ensure that the products used for showering and washing are ecologically friendly. Teeth can be washed using tap water, bottled water is provided for general consumption.

Toilet Facilities – There are two options. Number ones can be done discreetly anywhere around the land. This helps to keep wild boar away. Please do not leave toilet paper around the land. This should be disposed in the appropriate recycling bin please. For number twos there are four options, the compost toilet and three long drops – one down by Ganga cabin, one on the camping terrace, and one by the compost toilet. In the compost toilet, pee in the funnel at the front, poo and dispose of toilet paper down the back, covering this with a few shovelfuls of ash or sawdust.

With all facilities – indoor and outdoor – it is worth checking for wildlife before activities commence!!

Sanitary products must be placed in the bins marked 'Lixo' in the toilet areas.

Electricity – Poio do Acor runs on solar power, as a result electrical supply cannot be guaranteed. Please do not use hairdryers, straightening irons, kettles, irons or any other electrical equipment. If you need to charge your mobile phone the electricity in

some of the accommodation will be on during the day *provided there is sufficient supply*. If this is not the case please bring your phone to the house for charging.

Phones must not be left on charge overnight as this can drain the power altogether.

Fire – This is a serious danger especially during the dry summer months. Please be mindful when using matches, candles and incense ensuring that each is fully extinguished before leaving rooms.

In the event of a fire please assemble in the car park in front of the house. Do not return to collect personal possessions.

Smoking – Smoking is permitted on the ridge over looking the yoga room only. Please be very careful to fully extinguish any cigarettes before leaving the area.

Walking – The ground is uneven, with loose gravel, leaves and soil in many areas. Wooden boards can be slippery when wet. Handrails are not always solid. Please take additional care when walking around the land to avoid trips and falls, checking hand rails and the terrace rails before leaning on them.

Sensible footwear is recommended, as is a slower pace than normal! A torch is essential for the evenings as many areas are unlit at night.

Recycling – We recycle as much as possible. Paper, glass, plastic and metals can be placed in the grey boxes outside the kitchen door. Food waste and tea bags should be placed in the compost bins outside the kitchen door or by the washing up area. These will be emptied as part of karma yoga.

Karma Yoga – During your stay at Poio do Acor karma yoga as an integral part of the experience. You will be asked to help with a selection of... preparation of meals, clean up after meals, general cleaning of the facilities, gardening, olive picking, watering and other tasks. Please discuss with Swami Vedantananda in advance if you are unable to complete any of these tasks, and lighter duties will be provided as an alternative.

If you break anything during karma yoga or at any other time please let Swami Vedantananda know, this will happen from time to time. It is useful to know if things need to be repaired or replaced as they happen. This will avoid inconvenience to other residents.

Wildlife – Poio do Acor is off the beaten track. As a result additional precautions should be taken. Mosquito nets are provided in each room. If walking in long grass during the tick season please check yourself afterwards. There are also frogs, toads, snakes, lizards and other wildlife around. At night there are sometimes screech owls, foxes and wild boar. When walking around the land take a stick, particularly late at night. You will find a stick outside your accommodation.

If you have any allergies it is advisable to bring suitable medication to prevent and treat them as the closest pharmacy/doctor/hospital is in Monchique, eleven kilometres away.

Mobile Phones – The best place for mobile reception is on the ridge overlooking the yoga room, if using your mobile elsewhere please be mindful of other residents who might have made a conscious decision to ‘retreat from daily life’ keeping phone calls to a minimum during your stay.

Daily Sadhana / Alternative Therapies – Please discuss with Swami Vedantananda before undertaking any sadhana not included in the daily programme or any other alternative therapies. It is absolutely fine to continue with daily japa practice.

Thank you and Hari Om...