

MACALLA FARM

Volunteers

Helpers are normally expected to work for about 6 hours a day, 6 days a week. Please check with us for the specific details of the work involved according to the dates, but in general, the work can consist of gardening work, farm work, house maintenance, cleaning, cooking, and the general running of the farm and retreat centre. There is often an eco-building project as well, and people with building skills are particularly welcome.

From our experience with different helpers, from various backgrounds and cultures, the happiest outcomes are with those people who are truly interested in the sort of place we are running, (organic food production, sustainable living, self sufficiency, yoga, meditation or horses - and preferably all of the above!) and who are not afraid of working hard.

We offer in exchange comfortable accommodation, delicious organic vegetarian food, occasional yoga instruction, and a very special island experience. Horse riding is usually possible if you are an experienced rider, but none of our horses is suitable for beginners. Accommodation is in a comfortable house shared with other helpers, and sometimes with paying guests. There's plenty of time to read (helpers can borrow books from our large library), write, or explore the island, but note that we don't have TV. There's Internet access is limited - there's WIFI in our house, and limited, at best slow, reception in the helper's accommodation.

Prospective helpers should be aware that the work at the farm can be physically demanding (like carrying heavy things, digging the garden, or moving manure around in a wheel barrow), and usually involves spending a lot of time outdoors, sometimes in inclement weather. If what you are looking for is a cheap holiday or are someone who needs a very active nightlife, etc, our centre probably isn't the place for you.

While we ask people to commit for a specific period of time, if the working/living relationship between a helper and ourselves is not working out, they may leave, or be asked to leave, ahead of schedule. From our experience, this is a better option than sticking to a situation that is not working out for one or both parties. Also note that the farm is strictly non-smoking, so we only take non-smokers.

You may also be interested in our apprenticeship scheme. This scheme is for people who want to come for longer periods and gain solid experience in a particular field.

If you are interested in coming as a helper please email us with details of your relevant experience (if any), why you'd like to work with us, and the dates you would be available.

Contact Ciara for more information (+353) 872504845



www.macallafarm.ie