



Volunteers Guide

Volunteering at High Nature

We have been accepting volunteers here at High Nature since the project was first conceptualised in 2009. We love meeting people from all walks of life and welcome everyone regardless of their nationality, age, gender, or culture. We consider ourselves to have an inclusive 'open door' policy where everyone is welcome. However, we also reserve the right to ask volunteers to leave if for any reason the social dynamics become too challenging, or their behaviour upsets the equilibrium / running of the Centre.

We feel the need to highlight that whilst High Nature may look and feel like a community, it is in fact a small family run business with a communal vibe. We love working and eating together and strongly feel that working as a community is the way forward in these challenging times, however, our structure is a limited company entwined with the permaculture ethics of earth care, people care and fair share. If you are looking to experience an intentional community setting, we are happy to redirect you to some of our friends projects.

How to apply

Please go to our Volunteers Page where you will be asked to join WWOOF or Help X. We do not accept volunteers directly through our website but if you have any specific questions which aren't answered below, then please email us from our contact us page.

Hours

Our volunteers are expected to work around 4-5 hours per day, 5-6 days per week (25 hours per week). It's worth noting however, that we tend to work with these limitations: the seasons, the weather and our individual energy levels (which can fluctuate from day to day, week to week). We appreciate that some volunteers are happy to go with the flow, but others prefer to be punctual and stick to a strict timetable. Feel free to discuss these options when you arrive.

Exchange

We provide full board and food in exchange for labour / energy inputs. Our family and volunteers tend to help themselves to breakfast at around 8.30am. This usually consists of a choice of cereals, toast, spreads, fruit, yoghurt and eggs, plus hot / cold drinks. Sometimes the chef will knock up a cooked breakfast for us all if we're lucky! Lunch is usually communal and cooked either by the chef (if he's on duty) or rotated between everyone working that day. Dinner is the same. We provide all food which is mostly organic and ethically sourced. However, we do not feed people's addictions / excessive habits. If you like to drink lots and lots of coffee then please bring some with you. This also applies to sweets, chocolates and biscuits. We provide a limited amount of such things to be shared (including some alcohol on occasion) but if you have a cheeky sugar or chocolate addiction then please bring your own supplies and keep them in your room.

Accommodation

You will be accommodated in a yurt, bell tent or temporarily in the staff sitting room (if all the other accommodation is fully booked). You are also welcome to bring your own accommodation if we have a pitch available for you. We can provide you with a bed, bedding and bed linen if required, or you can bring your own.

Duration

We take on volunteers from mid-April to mid-September only. We have a minimum stay of one week and a maximum stay of 3 weeks. There is usually a 'check in' half way through to make sure both parties are happy. If an opportunity / job role arises for someone to join the core team more long term, then volunteers are welcome to transition into an appropriate role. We are also happy to have people back at a later date subject to availability.

How Many People Work at High Nature?

Our team can fluctuate between 3-15 people depending on the time of year / day. We try to have a minimum of 2 volunteers and a maximum of 6. There are various paid staff coming and going, plus members of the local community dropping in from time to time.

What You Need to Provide

We will ask you to provide the following information when we accept your enquiry (which is subject to availability).

Name:

Home Address:

Gender ID:

Date of Birth:

Nationality:

Passport/ID number (for use in case of accident/emergency only):

Who should we contact in an emergency? (add phone number)

Have you any medical conditions or special needs we should be aware of? (include details of regular and/or emergency medication)

Have you any allergies/dietary requirements?

Do you have any mental or emotional issues that might affect your stay?

Where are you going after your visit here?

Your mobile/cell phone number:

Your travel Insurance (if from abroad):

Insurer:

Policy number:

Claims telephone number: