

The WWOOF INDEPENDENTS *pocket guide to* WWOOFing

Membership of WWOOF Independents will mean entering into some very special relationships. You'll have the chance to share the lives of complete strangers and will be treated as a member of their family.

This guide is designed to help you make that relationship work.

It has been put together from the feedback, comments and advice of your fellow WWOOFers and hosts.

It will prepare you to enter the unique world of WWOOF and get the best out of your membership.

Our thanks to all the WWOOFers and hosts whose input has created this handbook!



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Further information:

- **WWOOF Independents website:**
Information leaflets, frequently asked questions and other useful information:
www.woof.org/wwind/
- **The WWOOF Independents members' newsletter, WWIndy News.**
Articles, information, reports, feedback and members' adverts:
www.woof.org/wwindynews/
- **Main Office:**
Help, support or advice during your membership:
member@woof.org

Always put your membership number and the word 'WWOOF' in the title - our spam filters are vicious!
- Alternatively, you can write to WWOOF Independents at:

WWOOF
BP 50092 MOULIS
09201 ST GIRONS CEDEX
FRANCE

THIS IS THE SERIOUS BIT...

As a WWOOFer, certain things are expected of you. These are listed on the opposite page.
We would like to stress:

- a. You are responsible for ensuring your own safety. You must have adequate insurance and travel safely (see pages 9 - 10 for details).
- b. The WWOOF list contains personal information about hosts. You must never give this information to non-members.

If you do not fulfil the expectations listed opposite, your membership of WWOOF Independents is invalidated.

REASONABLE EXPECTATIONS

Always remember that WWOOFing is an exchange.
These expectations form the basis of that exchange.

You can expect...

- to receive warm, dry, clean accommodation and adequate food in return for your help.
- to receive hands-on experience of organic growing, country living or ecologically sound lifestyles.
- to receive learning opportunities as part of your stay, by working alongside your host in their everyday tasks.
- to be treated with respect at all times.
- to be able to complain to WWOOF if you feel these expectations have not been fulfilled.

You are expected...

- to negotiate with your host, before you arrive, concerning the needs and expectations of both parties.
- to be genuinely interested in learning about organic growing, farming, country living or ecologically sound lifestyles.
- to give the agreed hours of help in return for your food and accommodation.
- to ensure your own safety by having adequate insurance and not taking on tasks you are not competent to perform.
- to treat the information on the WWOOF list as private and not to share this information with non-members.
- to keep an open mind when meeting people from other cultures.
- to treat your host with respect at all times.
- to let the host know immediately if you cannot keep to an arrangement that has been made.
- to tell WWOOF if your experiences fall short of what should be expected.



USING THE WWOOF LIST TO CHOOSE YOUR HOST

"Now that I've got the WWOOF list, what do I do with it?"

The WWOOF list is a directory of hosts who may be interested in taking you as a volunteer.

You search the list for hosts that interest you and then make direct contact with them to arrange a stay.

More detailed information can be found on the next few pages. First, here are a few things to help you in your initial choice of hosts.

"Only consider WWOOFing if you have a genuine interest in learning about organic farming and / or sustainable living. Don't use the programme as just a cheap way to travel and a cool volunteer experience - there are other programmes more suitable for that."

- Beth, USA (WWOOFer)

Look through the list, choosing hosts who are doing the sorts of activities or who live in the particular regions you're interested in. This can take time but it's time well spent!

- *Choosing the right hosts for you is the first step to having a successful WWOOF.*

Remember that hosts' descriptions in the WWOOF list are very brief. They give you only a very basic introduction.

- *Try not to build up expectations based on a few brief lines.*

"It is clear that the descriptions given are only an outline of the host. It is up to me to ask the host to clarify and expand."

- Victor, Kenya (WWOOFer)

Hosts usually have other things to do with their time than worrying about when they last updated their WWOOF list entry!

- *Bear in mind that things may have changed since the descriptions were written.*

Life on the land depends on the seasons (you don't say...) People don't pick strawberries in winter and they don't plant fruit trees in summer.

- *Don't assume that the activities mentioned will be happening at the time you want to visit.*

Take time to understand the Legend (the string of letters beneath a host's contact details). This contains lots more information about the host in a coded form.

- *If you're using the Internet, you can get an explanation of the Legend by clicking on it. If you're using the printed booklet, the Legend is explained at the back of the book.*

"I loved finding my way to bed by the light of the moon, but I found the isolation quite strange at first. I hadn't really paid attention to the location when I chose the farm. That's my first tip - read the Legend. It's obvious, but there is so much information there for the reading."

- Flora, UK (WWOOFer)

If you access the host list via the Internet, narrow your search.

- *Look for keywords.*

"Thank you very much for the new system of refining the search for hosts - it makes going through the list so much easier."

- Monica, USA (WWOOFer)

Cross-reference the information in the host list with a map or guidebook. WWOOF obviously can't provide all the information you will need.

- *Use as many sources as possible to learn more about the country or region you'll be visiting.*

Make a list of the hosts that you've found, as you'll need to contact more than one host to increase your chances of a positive reply.

- *There's no need to contact a lot of hosts at once - a handful of hosts is invariably enough.*

INTERNET ACCESS OR PRINTED BOOKLET?

If you access the list via the Internet:

Changes to the location of the members' page will be sent to you by e-mail.

If you lose your login details, go to:

www.woof.org/members.asp

You can also update our records if you change e-mail addresses.

If you have a printed booklet:

Don't lose it! We do not give replacements for free!



MAKING THE INITIAL CONTACT WITH HOSTS

"Now that I've chosen some interesting hosts, what next?"

Most hosts want to be contacted well in advance. Some hosts may be happy to receive last-minute contacts. However, if you contact them at short notice, you should expect to have difficulty finding someone who needs you.

Never turn up at a host without making arrangements with them in advance.

Remember this is just the initial contact - keep it brief.

- Tell them a little about yourself and what interests you about that host.
- Ask if there's space for you at the time you want to visit.
- Ask what work will be happening at that time.

"As a WWOOFer arranging a visit, you're not e-mailing hotels to ask for prices - you're asking people to allow you into their home."
- Jo, France (WWOOF host)

WHEN CONTACTING HOSTS BY E-MAIL OR BY POST:

- **Always give your membership number** - some hosts will not reply unless they know you are really a member of WWOOF.

"It would be useful if WWOOFers put their membership number in their e-mail heading - then we would be sure that they are genuine and that we now know who they are!"
- Allan, Portugal (WWOOF host)

- Try to write in the host's language, if at all possible.
- Always write a personalised e-mail or letter, telling the host why you're interested in their place in particular.

- **Don't expect an immediate response.** Living on the land means long hours and hard work, so hosts may not have the time or the energy to write e-mails or letters at the end of the day.

"The Internet should be making our lives easier, but when you have to catch a bus and give up a day to use a slow connection, it doesn't feel like it."
- Dr. Nut (WWOOF host)

- **Don't assume that your e-mail or letter has arrived at its destination.** If you don't get a reply, follow it up with another e-mail or a phone call.

When e-mailing:

- Always give your e-mail a sensible title, such as "WWOOFer enquiry". E-mails entitled "hello" or "your farm" are likely to get deleted as spam without even being read.

When contacting by post:

- If writing from within the same country, include a stamped addressed envelope for your host to reply.
- If writing from another country, include an International Reply Coupon (IRC). You may not get a reply without one.

IF CONTACTING HOSTS BY PHONE:

- **Take account of the time difference if you're phoning from abroad!** Hosts will not be well disposed to say 'yes' to your request if you've woken them up in the middle of the night!
- **Try to phone at mealtimes** - the middle of the day or early evening - when there's more likelihood of someone being in the house.
- **Don't phone after 9 pm** - country dwellers often go to bed early.
- **Don't expect the host to speak your language.** If you speak the host's language, remember that it's always more difficult to understand someone on the phone than face to face. If you don't speak the host's language well, it's better to write or e-mail.

HOW TO ARRANGE YOUR STAY

"What should I tell the host and what should I ask?"

Having received the offer of a place, you need to negotiate the details of your stay with the host.

This involves:

- telling the host about yourself
- asking the host for more information

"Hastily-made arrangements go 'wrong' more often than careful preparation."

- Fran, former Co-ordinator
(WWIND and WWOOF UK)

This process of 'negotiation' is the key to a good WWOOF.

You should be aiming to build up an idea of what your host expects from you and what you can expect in return.

"If you choose carefully from the host listing, and have good communication with the host before you arrive, there's no reason for things not to work out."

- Danny, Germany (WWOOFer)

What to tell your host:

- Your dietary requirements (vegetarian, gluten-free...) or any other specific needs you may have.
- Any illnesses, allergies or disabilities that may affect your ability to help.
- Your experience of farming or gardening and other skills you have (whether plumbing, building, desktop publishing or whatever!)
- What you're interested in learning during your visit.

"It would be nice if WWOOFers mentioned food preferences with lots of early warning. We've had several WWOOFers who turn up and then announce that they are vegetarians."

- Dinesh, India (WWOOF host)

"Hosts really need to know in advance what their visiting WWOOFers know about organic farming, what they particularly like doing and what skills they can offer. Often they know nothing and that doesn't matter if the host knows."

- Robin, France (WWOOF host)

What you should ask:

- What work will be going on at the time of your visit?
- How many hours a day will your host expect? How many days a week?
- What's the rhythm of the day?
- What's the accommodation?
- What's the host's diet?
- What's the climate like at that time of year?
- How do you reach the host or where will you meet?
- What should you bring (sleeping bag, clothing...)?
- What can your host provide (waterproofs, boots...)?

"It is the responsibility of each WWOOFer to inform themselves (and to give as much information as possible to the host about what they are expecting) before they commit themselves to anything."

- Kate, Spain (WWOOF host)

"WWOOFers - especially inexperienced ones - [need] to take more precautions and come to a clear agreement with the hosts as to how things will be, to avoid disappointments."

- Geneviève, Canada (WWOOFer)

Trial period?

Some hosts and WWOOFers agree on a trial period of a week or two, with an option to extend the stay if things are going well.

"It is clear that the descriptions given are only an outline of the host. It is up to me to ask the host to clarify and expand this basic information. It is also up to me to give the host a basic description of my abilities. There has to be a process of responsible interaction."

- Victor, Kenya (WWOOFer)

Once you've made arrangements with a host:

- **Keep in regular contact with your host** so they know you're definitely coming.

"I wish WWOOFers arrived on the day they were expected!"

- June, France (WWOOF host)

- **Let your host know immediately if your plans change**, even if it's short notice.

THE IMPORTANCE OF TURNING UP!

A frequent complaint from hosts concerns WWOOFers who arrange a stay but don't turn up. Many don't even call or e-mail to tell the host their plans have changed.

- Firstly, remember that in arranging a stay **you are making a commitment to your host**.
- Remember also that the host has made a commitment to **YOU**. Hosts will have turned down other WWOOFers because they've offered **YOU** a place. Not showing up robs someone else of the chance of visiting that host.
- A lot of hosts produce their own food, but few are self-sufficient. They will have bought food for your visit, especially fresh produce like milk and bread. It is a real inconvenience and waste buying for people who don't show up.
- Hosts often organise their activities to fit in with volunteers, so not turning up can really mess up their schedule.
- The host can be left stretched when it's too late for them to find other people.
- Often hosts live in remote places and have to drive a long way to collect their WWOOFers. Hosts have busy lives and don't enjoy making wasted trips, using up their valuable time and resources.

Let your host know if your plans change! Don't just fail to turn up!

TAKING PRECAUTIONS ON YOUR TRAVELS

"Do I need a visa? What happens if there's an accident..?"

INSURANCE:

- Make sure you are insured for health, accident, travel and liability.
- Volunteering is **not** necessarily covered by your host's insurance and is undertaken **at your own risk**.
- Be sensible and responsible and do not undertake activities that you consider to be dangerous or outside your competence to perform safely.

WWOOF Italia has arranged an insurance that covers **any** WWOOFer on **any** WWOOF farm in **almost any** country. It's only €25 a year and is a good place to start when looking for suitable insurance:

www.oveuropa.com

If you live in Europe, a European Health Insurance Card (EHIC) entitles you to reduced-cost medical treatment while you're in a European Economic Area (EEA) country or Switzerland.

However:

- It is **not enough** just to have an EHIC or other health insurance - you must be covered for liability (called "civil responsibility insurance" in some countries) in case you hurt someone else.
- It is **not enough** just to have travel insurance - if you check the fine print you may find that "voluntary work", "manual work" or "agricultural work" are expressly excluded from your cover.
- Make **absolutely sure** that you are properly covered for WWOOFing in the countries you intend to visit.

VISAS:

Many countries have strict immigration laws. It is **your** responsibility to obtain any necessary visas and work permits before making travel arrangements. WWOOF hosts and WWOOF itself cannot assist with this.

Membership of WWOOF does not confer any right of entry to any country. *Never* set off for a foreign country without being *certain* that you have the right to enter that country on arrival.

RELIGIOUS BELIEFS:

Some hosts presently on the WWOOF list may have strong spiritual beliefs and practices, with which some WWOOFers may feel uncomfortable.

We advise that WWOOFers should properly inform themselves before visiting hosts with affiliations to religious groups that are unknown to them.

TRAVELLING SAFELY:

WWOOF does not know personally and does not have the resources to visit all the hosts in our listings - we only give you the means to make the initial contact. Make sure you travel safely.

When arranging to visit a WWOOF host, take all the precautions you would take when visiting someone you do not know.

If you are travelling alone, here's some helpful advice:

- **Keep in touch with family or friends** so someone knows where you will be and what dates you expect to be there.
- **Make sure you can leave a farm easily** if things don't work out.
- **Prepare your mind, your attitudes and knowledge** about yourself and the cultures to which you are going. Know your own level of awareness, your ability to assess situations and take appropriate action at the right time.
- **There are a large number of web sites to which you can go for essential hints.** Put 'travelling alone' in Google!
- **In choosing a WWOOF farm, read the listings carefully.** You will see in the Legend that hosts state whether they are a family, community or single person; and whether they are in an isolated position or near other houses. These are points you need to consider if you are travelling alone.
- **When you are negotiating your visit with the host, feel free to ask about accommodation.** Obviously, it's a little over the top to ask: 'Is there a bolt on the door?' But ask if you'll be in your own room or in a dormitory space. If the accommodation is a caravan, will it be shared?
- **Trust your intuition!** If you feel uncomfortable for any reason, do not stay in that situation. Make sensible, calm (but firm) plans to leave as soon as you can.

The positive experience of travelling alone will usually far outweigh any problems but, obviously, we want to know of any negative situations so we can take action.

VACCINATIONS:

Make sure to get any necessary vaccinations before you travel. Ask your doctor for advice **well in advance of your departure.**

WHAT TO PREPARE YOURSELF FOR

"What should I expect?"

You should try not to have too many expectations - they're usually the cause of disappointment, so try not to build up too much of a picture of what you think it will be like.

There are two expectations you should have, however - **you should expect to work hard and you should expect to get dirty!**

"I try to remember when I'm freezing cold, soaked to the skin, exhausted after a days earth-moving - that this is fun! I could be in a back-stabbing office, contemplating the commute home."

- Steve, UK (WOOFer)

Good communication before you arrive should help you know what to prepare yourself for.

Most problems can be avoided if you and your host have carefully negotiated the terms of your stay before you get there.

What to take with you:

- Torch.
- Work clothes.
- Gloves.
- Waterproofs.
- Strong footwear, preferably waterproof.
- Indoor footwear.
- Sleeping bag.
- Towel.
- Membership card.

"Please could WWOOFers bring torches and gloves and appropriate clothing for work - many have arrived here 'bare', so to speak!"

- Fiona, Spain (WOOF host)

Remember that hosts are often in remote areas, with all that implies in terms of other personal supplies you may need.

THINGS TO REMEMBER WHEN VISITING A FOREIGN COUNTRY:

- **Always remember you're a guest.**
- **You are visiting people who belong to a culture that may be very different from your own.** The opportunity of exploring this different culture is part of the fun!

"WOOFing has given me the chance to see many beautiful parts of the world that I would not have visited had it not been for a host's generous hospitality. I have been able to share in a life totally different from that of my own upbringing and meet people that have chosen different kinds of lifestyles."

- Matt, Canada (WOOFer)

- **The climate may be very different from what you're used to.** WOOFing usually means working outside - be prepared to find it tough going if you're not used to the same climate as your host. Also, not everyone has central heating or air conditioning!
- **The food may also be very different from what you're used to.** Don't expect your host to provide you with 'special' foods to suit you - trying the local foods is part of the rich experience of another culture.
- **Most WWOOFers come from 'rich' countries (even if they're not rich themselves) - you may be faced with extreme poverty in some countries.** Your hosts may themselves be very poor. This can sometimes make it difficult to meet one another as equals and can present quite a challenge.
- **Hosts are a broad cross-section of the society in which they live:** don't expect them to necessarily share your attitudes (regarding religion, sexuality or race, for example).

"Essentially, human nature is as it is in its many forms, and as my old dad used to say: It takes all sorts to make a world."

- Steve, UK (WOOFer)

RULES OF CONDUCT

"Any tips for making things go smoothly?"

You're going to be living in someone's home and sharing their life.

Here are a few tips that may help you to get along!

"I realised very early on that it was an enormous privilege to be invited into somebody's home."

- Isabelle, Australia (WWOOFer)

"I just want to remind WWOOFers that the principle is based on an exchange. They are considered like a member of the family. Some of them regard the farm like a place for holidays."

- Agnès, France (WWOOF host)

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- **Sign in when you arrive.** Show the host your membership card and give them a contact address in case of emergency.
 - **Start the day well.** Get up early! You're there to help the host with their everyday tasks, not on holiday, so keep your lie-ins for your days off.
 - **Help around the house.** Take a turn at cooking, washing up, tidying - it's appreciated. Household tasks like this are extra to the hours of help that you have agreed!
 - **Electricity, water, etc:** Hosts may have limited resources of things you take for granted. Many have solar power - turn things off when not in use or you may find yourself in the dark! Water is very precious in some countries. Don't waste resources.
 - **Tools:** Expensive, so look after them! If you misuse and damage them, your host will be cursing you!
 - **Be flexible in the hours of help you give.** Don't expect to stop at the end of your agreed hours if you're in the middle of a task. Your host should give you the extra time off on another day.
 - **Make sure you contribute your share.** The object of WWOOF is to benefit both host and WWOOFer. The future of WWOOF depends on maintaining this special relationship.
 - **Some hosts may occasionally use 'non-organic' techniques.** You should not be asked or expected to be involved in these practices.

"I do not think it is too much to demand help in cooking and household chores as a WWOOF member of a home."

- Shoshana, USA (WWOOFer)

"One of the best things about WWOOF is that you get to share the homes and way of life of your hosts. Be prepared to have some not-so-fun tasks. Hosts are understanding, though, and there is generally plenty of variety. It's always worth asking for a change if you're stuck on the same task for ages."

- Flora, UK (WWOOFer)

"It NEEDS to come from two sides. It does not work if the WWOOFers think they're on a laid back holiday in a catered hotel. We realised that when we willingly worked very hard, our hosts were more than willing to show us the sights and a fantastic time!"

- Eef and Amy, Netherlands (WWOOFers)

FOOD: There are limits!

A large number of the complaints WWOOF receives concern food! Please try and bear some of the following points in mind.

- Hosts should *aim* to provide organic food but this will depend on the availability of organic food where they live and on their financial circumstances. Don't expect a 100% organic diet.
- If you require unusual items in your diet, bring them with you.
- Many WWOOF hosts live on below-average incomes for their country. For many hosts, feeding you is a big expense.

"I am limited to how many WWOOFers I can invite because of my finances. I always have to think about my ability to feed them. Most WWOOFers I have hosted are in their twenties. Young adults of this age eat a lot! They eat more when they are working hard."

- Denise, Mexico (WWOOF host)

- Be aware that food will often be basic.
- Don't help yourself to snacks outside of mealtimes without asking. Your host has agreed to provide you with adequate food but that doesn't mean you get a free run of the larder!
- Drink water when you have a thirst to quench. Save any bought drinks until they're offered to you.
- When you take a turn at cooking, keep it simple. Foods you may take for granted (such as dairy products) may represent a very significant part of the budget and should be used sparingly.

- Be aware of any 'special' items that your host keeps as treats. Some hosts have a separate shelf for such things - hands off!

"I shan't forget two girls who were most upset I hadn't bought chocolate every day for them. They still bring a smile to me when I think of them!"

- Lily, France (WWOOF host)

- In short, be content with simple but filling meals. If you really can't live without luxuries like fizzy drinks, buy them yourself.

What if there isn't enough to eat?

- Talk about it calmly with your host. Make it clear that you're happy to eat simply but that you need larger portions.
- Be sensitive to the fact that your host may be giving you all they can afford. In some countries, you may need to supplement your diet or you may feel it appropriate to buy food staples to contribute to your host.

IF THINGS GO WRONG...

"What if it's not working?"

Sometimes, even with the best intentions on both sides, things just don't work out.

If it's not working out, neither you nor the host are expected to continue with it.

The golden rules here are:

- Don't let your disappointment make you unreasonable - keep calm.
- Communicate with your host.
- Try to work things out between you.
- If it can't be resolved, at least part on good terms.

The first thing to do is analyse why you're unsatisfied. Most often it's simply that **it doesn't match your expectations**. Keep your curiosity alive and give your hosts a chance. You may end up having an enriching experience, even if it's not the experience you had in mind!

Talk to your host - if it's not working for you, for whatever reason, then it's quite possibly not working for them, either! Keep calm and remember that **listening to what the other person has to say is the best way of ensuring that they'll listen to you**.

"The important thing to me is to realise that both parties to this exchange are in a position of choice and therefore can initiate change if anything is not working as the parties would wish."
- Aspen, Spain (WWOOF host)

Tell your host why you're unhappy. Do you need more varied tasks? Are you not doing what the host said you would be doing? Are you doing more hours than were agreed? **Listen** to the host when s/he explains the reasons why things are perhaps not as you thought they'd be. Renegotiate the terms of your stay.

"I think it's important for future WWOOFers to start WWOOFing with a realistic attitude. Things can go wrong. You can never be guaranteed to get on with whomever you choose, but if you keep your wits about you, you can make it work."
- Sarah, France (WWOOFer)

It is important to balance the commitment you have made, on the one hand, with your right to leave, on the other.

If you can't agree, then perhaps you will decide to move on.

- Agree a departure date with your host - at least stay an extra few days. This may allow you to make last-minute contact with other hosts, as well as allowing your host to try and find another WWOOFer.
- Make sure you leave at a reasonable time of day, when you can travel safely, especially if the host lives in an isolated area.

Remember that this cuts both ways - it may be your host who feels things are not working out and who decides to have a chat with you!

Also remember that in the very rare cases when there's something seriously wrong, you are free to leave at any moment.

FEEDBACK AND COMPLAINTS

"Do you want to hear how it went?"

We love to get your feedback when you've been WWOOFing! In fact, ***your feedback is essential to us in the running of the organisation.*** It helps us in regulating our membership and understanding how WWOOF is actually working for its members. We cannot stress enough how much your feedback helps future WWOOFers and hosts!

E-mail your feedback or complaints to:

tellus@wwooof.org

Or send by post to:

WWOOF
BP 50092 MOULIS
09201 ST GIRONS CEDEX
FRANCE

General feedback:

We're always interested in hearing how things have gone. (We even get the occasional postcard!) We're also looking for comments that help us improve the service we offer. We're not asking you for a detailed report - just a quick e-mail or letter is enough.

Any feedback on improving this handbook is also welcome!

Articles, reports and debates:

Our members' newsletter always wants to hear of your experiences, both good and bad. This could be just an email; it could be a full-blown article, or an ongoing diary.

Contact the editors directly at: wwindynews@wwooof.org

Complaints:

The WWOOF system is based on trust. It is impossible for us to verify every new person that joins the organisation.

In certain cases, things do go wrong. It is important that we are alerted when this happens.

WWOOF has a clear complaints procedure. A group of people - both men and women - deal with complaints in strict confidence. Anonymous complaints cannot be considered.

If you wish to make a complaint about a host or a WWOOFer (or about WWOOF itself), it will be taken seriously.

WHAT IS WWOOF?

WWOOF is an exchange - volunteer help in exchange for food, accommodation and learning opportunities in organic agriculture.

WWOOF (World Wide Opportunities on Organic Farms) links volunteers with organic farmers, smallholders and gardeners.

WWOOF organisations compile a list of farmers and gardeners that welcome volunteer help at certain times. Volunteer helpers ("WWOOFers") can then contact these farmers and gardeners ("WWOOF hosts") to arrange a stay.

The aims of WWOOF are to:

- enable people to learn first-hand about organic growing techniques
- enable people to experience life in the countryside
- help the organic movement, which is labour intensive
- give people in the organic movement a chance to meet, talk, exchange and learn
- provide an opportunity to learn about rural life in other countries by living and working together

WWOOF hosts are mainly pursuing a simple, sustainable lifestyle. Some farms are commercial producers; others practise farming as a hobby. Some farms are large properties, inherited or bought; others are smaller and have been conquered through hard work and sweat.

WWOOFers give help that is wide and variable, but includes: sowing seed, making compost, gardening, planting, cutting wood, weeding, making mud-bricks, harvesting, fencing, building, packing, milking, feeding...

There are 24 national WWOOF organisations, listing thousands of hosts world wide. Hosts in countries with no national organisation are listed by WWOOF Independents, which currently lists 900 hosts in over 50 countries.

Some WWOOF organisations also list locations that are not organic farms but are in keeping with the general ethic of respect for the environment and the idea of an exchange of knowledge and expertise, food and accommodation in exchange for voluntary help.



For a full list of all WWOOF organisations:

www.woof.org

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