

get back to your roots with **WWOOF UK**

World Wide Opportunities on Organic Farms

WWOOF is a network. We connect organic farmers, gardeners and smallholders with volunteers who want to get their hands dirty.

WWOOF is an equal exchange.

Volunteers help their hosts in return for food, accommodation and hands-on experience.

WWOOF is a taste of a different way of life. Hosts meet volunteers from around the world who learn about organic, low-impact and self-sufficient living first-hand.

WWOOF is fertile ground for new adventures, new friendships and astonishing tales to tell.

WWOOF hosts:

- ◆ Have an organic approach to managing their land, their animals and their homes.
- ◆ Give hands-on experience of organic growing and other green skills where possible.
- ◆ Provide good accommodation and food for their volunteers.

volunteers:

- ◆ Need a genuine interest in learning about organic growing and sustainable living.
- ◆ Help their hosts for an agreed number of hours during their stay.

To join WWOOF UK as a host or a volunteer, please visit

www.wwoof.org.uk

for international WWOOFing, visit www.wwoof.net