



LA MONDA

Cooperativa
Agricola Biodinamica
Sociale ONLUS

Volunteer Info

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About La Monda

La Monda is a small, diverse and beautiful biodynamic farm, 50 km from Milan in the foothills to the Alps. We cultivate vegetables, berries and herbs. Moreover, there is a fruit orchard, grassland, a heirloom wheat field, 4 hectares of woods and a small chicken flock. We make preserves of our agricultural produce and we sell our farm produce and many more organic products in a small farm shop.

The farm is a cooperative with lots of volunteer support in administration, management and daily work by engaged members of the anthroposophic community of Milan. Always, some volunteers from the region help us.

Above all, La Monda hosts a small residential community of 10 people with psychological and physical problems, working with educators in various jobs on the farm. You will have lots of interaction with the community, making your farm stay also a social encounter with people with special needs.

We look forward to having you here and sharing our complex and friendly atmosphere with you!

For any questions contact our farmer Piero - you can reach him through this email: segreteria@lamonda.org



Basics for volunteering at La Monda

Volunteering Activities

Depending on the season, volunteers can help in the fields with weeding, transplanting and harvesting, with fruit and berry harvest, in conserving farm produce, and in working in the woods. As an orientation, we recommend you work about 30h per week, which would be 6 hours each day from Monday to Friday.

Part of the volunteering experience will be learning about organic and biodynamic farming - hands-on and in conversations with our knowledgeable farmers, who are always happy to answer your questions and share their experience with you.

Food

We have lunch and dinner together with the community. The cook in the community is able to prepare meals for vegetarians and vegans on request. Volunteers have access to a kitchen and a supply of organic products for breakfast and breaks.

Accommodation

Volunteers are accommodated in a part of the villa adjacent to the community living quarters. You will be accommodated in a double room with shared shower and bath room. If possible, you will get single accommodation. Couples are welcome. Unfortunately we do not have enough space to accommodate families.

We will provide you with bed linen and towels.

Duration of volunteering

Minimum 1 week, maximum 3 months. If you want to stay longer than 3 months, please note the complicated rules also for people from other European countries for staying in Italy long term as a volunteer.

Language

Most people on the farm only speak Italian, only very few people have English language skills. So be prepared to learning lots of Italian words!

Getting around

There are 2 bicycles for trips to neighbouring places of interest

Internet

We have a (slow) Wifi connection which you are very welcome to use with your computer.

Alcohol and drugs

We ask you STRICTLY neither to drink alcohol nor to bring and use drugs during your stay on the farm, neither on the farm nor outside.

How to get here

Address and Phone

La Monda
Via Giacomini 26
21051 Arcisate (VA)

La Monda is situated about 45 km from Milan, and is easy to reach by public transportation.

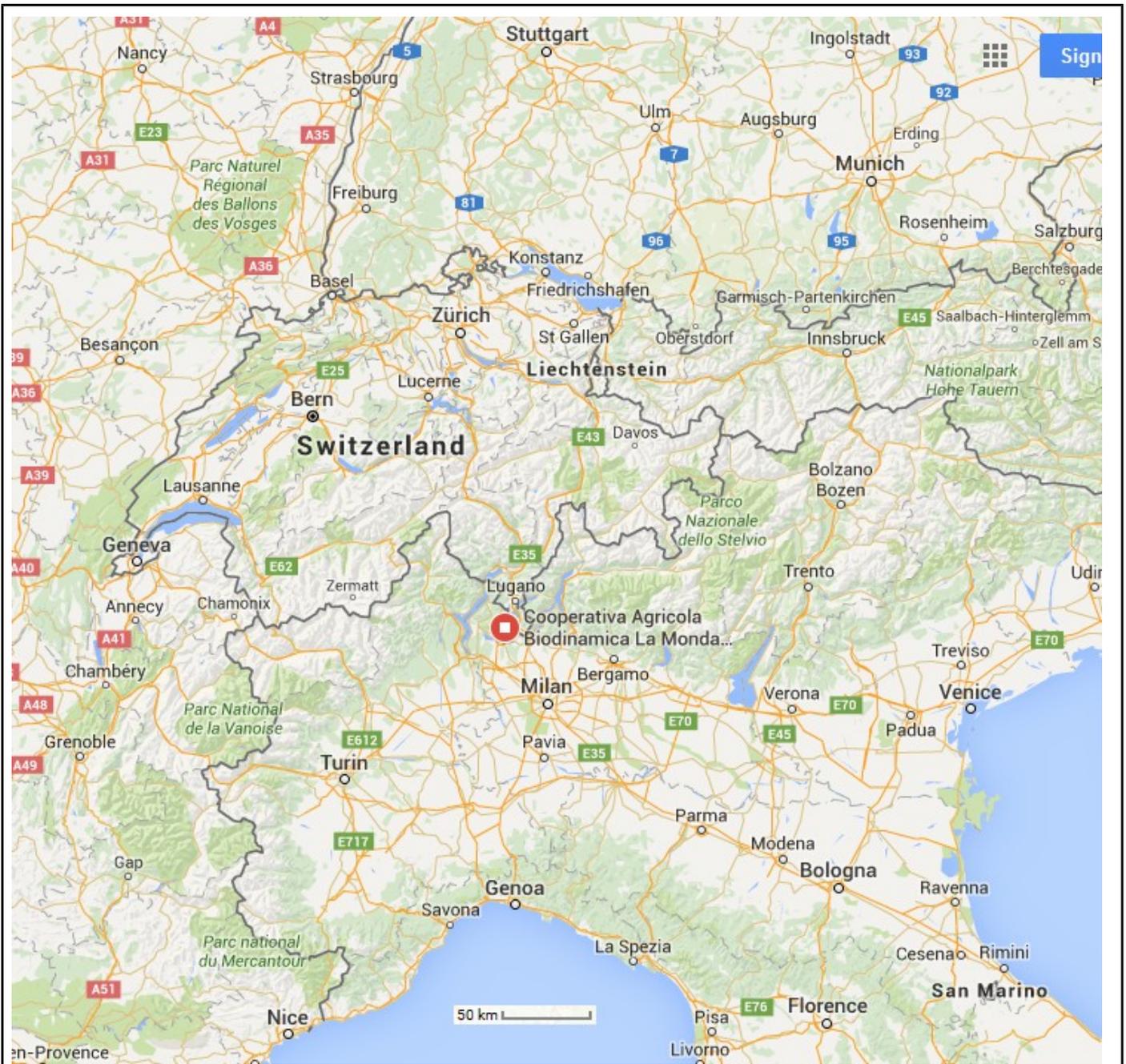
Office phone 0332 470389 from Italy, +39 0332 470389 from abroad.

Community phone 3487696101 from Italy, +39 3487696101 from abroad.

Maps

Google Maps: <https://goo.gl/maps/jCLQXsYAFjw>

Waze: <https://www.waze.com/livemap?zoom=17&lat=45.86077&lon=8.8743>



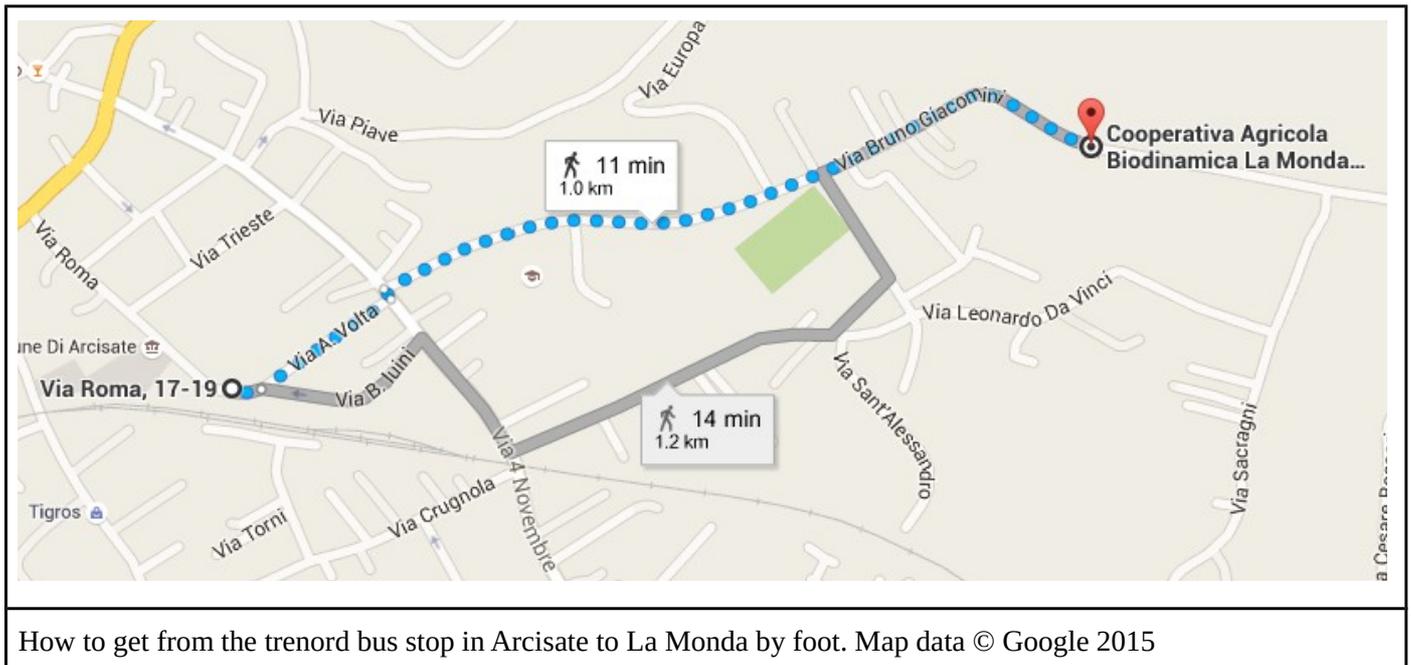
La Monda on the map. Map data © Google 2015

By bus

In Varese, in front of the central train station (NOT Varese Nord, which is in a walking distance of 300 m), just outside the main entrance, take the trenord - Giuliano e Laudi bus (usually a white or silver overland bus) with destination Porto Ceresio. You need to buy a trenord ticket at the ticket counter inside the train station for 1,60 EUR (if you have not already purchased a trenord ticket from Milan to Arcisate, which is valid on the bus).

Get off after about 10 - 15 minutes bus ride in Arcisate, and walk straight ahead following the direction of the bus, after 10 minutes you will see our fields on the right and left side of the road - and here you are! If you bring lots of luggage, let us know and we will pick you up at the bus stop.

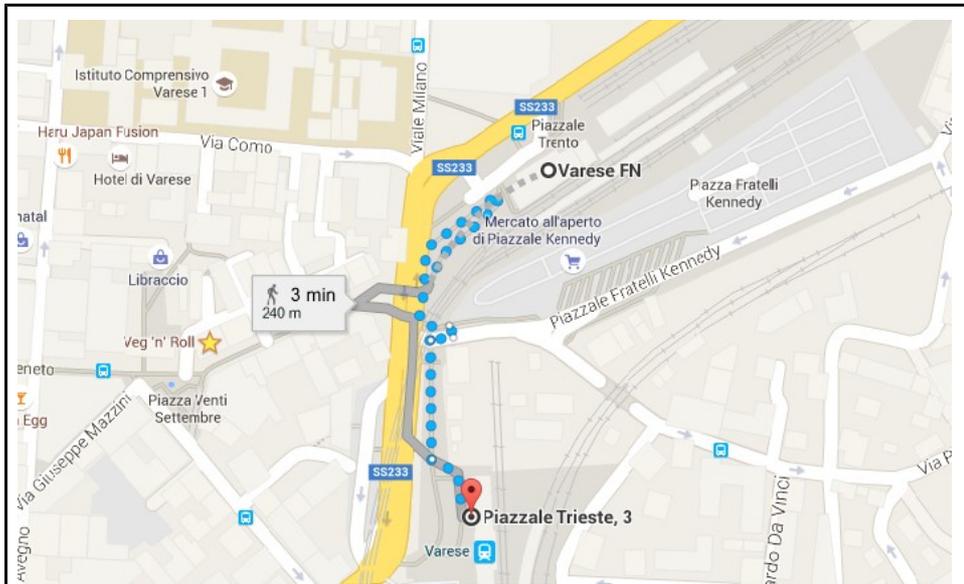
Note: the last bus is at 20:30 - if you arrive later, you will have to take a taxi to La Monda, Via Giacomini 26, Arcisate. You can find taxis in front of the central train station.



By train

The easiest and fastest option is to take the regional train from Milan Porta Garibaldi to to Varese. In Varese you will have to change to the bus (see above). At Porta Garibaldi, buy a trenord ticket to Arcisate (which includes the bus). You can also get the ticket beforehand on the internet at www.trenitalia.com. Take the regional train (not S, not Urbano!) to Varese. There is a train every hour.

Note, if you take a train which arrives at Varese FN (also called Varese Nord), you will need to walk 300m to find the bus stop in front of the Varese central station (see map below).



How to get from Varese FN train station to the Varese Central Station. Map data © Google 2015

By air

Nearest airport is Milano Malpensa. From Malpensa Airport take the Malpensa Express to Busto Arsizio or Saronno. From there, take the regional train to Varese. How to get from Varese to Arisate: see “By bus” above.

From Bergamo airport, you need to take a shuttle bus outside the terminal to Milano Centrale, and from there take the subway to Milano Porta Garibaldi. For instructions how to get from Porta Garibaldi to La Monda: see “By train”.

From Linate airport, take the STAM coach service to Milano Centrale (central station). From there take the metro to Porta Garibaldi station. For instructions how to get from Porta Garibaldi to La Monda: see “By train”.

Health Insurance

Through your membership at WWOOF Italy (www.woof.it) you are covered for smaller injuries and accidents which happen during work.

Please register yourself for a full travel insurance. Note that this travel insurance has to permit volunteer work. We recommend the Caremed Work and Travel insurance (<http://www.work-and-travel-insurance.com>).

What to bring

Copies of:

- WWOOF Italy membership card (www.woof.it)
- travel and volunteer health insurance
- passport or ID card
- if applicable, valid visa to Europe or resident permit in Italy

Shower soap

Toothbrush and toothpaste

Working clothing (in winter the temperatures might be below 0, so bring warm clothing - and also be prepared for rainy weather and hot sunny days in the summer)

Sunhat and suncream (in the summer)

Medication (if required)

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