

Dear Friend,

Thank you for your inquiry regarding our working holiday program. A working visit provides the opportunity to experience life in a spiritual community while spending time in a beautiful retreat centre. It also offers a chance to learn how Buddhist teachings and meditations can help to develop greater peace and happiness in our daily lives.

Working visits normally run from Sunday to Sunday for one week. If this is not convenient shorter stays can be arranged. In a normal visit you will be required to work from 9.00 am to 5.00 pm Monday to Friday with an hour break for lunch - 35 hours total.

Outside work hours you are free to attend any classes and meditations, such as our regular class on Wednesday night and daily chanted meditations. On some weekends we have day or weekend courses that you can attend if they fall in the week you choose to stay.

Accommodation is a bed in an eight person, single sex dormitory. You will need to bring a sleeping bag, a towel, and toiletries. You will also need to bring working clothes and shoes.

The work, although not necessarily heavy, tends to be mostly of a physical nature, so you need to be physically able.

While you are here we ask you to abide by our centre rules, which are refraining from: killing any living being; stealing; lying; engaging in sexual misconduct; taking drugs, alcohol or cigarettes; playing of musical instruments, listening to radios or watching television. If at any time you are seen to act in discordance with the centre rules, work hours and so forth, you may be required to leave without notice.

Public transport is available by train to Belgrave and then by bus to Monbulk (route 663). We would then pick you up from Monbulk. There are no buses on Sundays so in that case we will pick you up from Belgrave station.

Please complete the application form and return to us, at latest, a week before your intended arrival date.

If your application is accepted please call me 9756 7203 (2-5pm weekdays) or email me on [workingvisits@kadampa.org.au](mailto:workingvisits@kadampa.org.au) a few days before coming to confirm arrival.

Kind regards,

*Kelsang Wangden*  
KMCA Working Visit Co-ordinator