



## Volunteer Placements

### The Basics

Thank you for your interest in volunteering with us. We expect you to visit for 5 consecutive days, Monday to Friday. Ideally you arrange to arrive at **Ulverston** train station around 12 noon on Monday. We pick you up at the station, which is a 40 minute drive from Coniston / Lawson Park. Once back at Lawson Park, you will be given an induction tour.

You stay in the 4 bedroom hostel at Lawson Park ([www.lawsonpark.org](http://www.lawsonpark.org)) where you have your own ensuite double room. One room has full disabled access, as has the hostel itself. There are social spaces too, which you will share with other residents. All provisions for meals are provided. You will have to cook sometimes and we don't provide alcohol. If you have specific dietary needs or allergies you should say in advance and perhaps bring provisions (e.g. gluten-free bread / soya milk) as we may not be able to buy them locally.

Adam Sutherland lives with his partner in the cottage next door to the hostel and thus both are available in case of out of hours emergencies.

### Expenses

We cover the cost of your bed and full board (£350) and are able to offer up to £100 towards travel costs. There is no fee offered at this stage. Travel reimbursement is arranged by you directly with our finance officer Tracy Hodgson ([tracy@grizedale.org](mailto:tracy@grizedale.org)).

### The Schedule

Our working day starts almost invariably with a meeting, and always at 9am (by which time you have had and cleared away breakfast). The meeting is short and is to clarify the work of the day and / or review the previous day's progress. There are no drinks, phones or computers at the meeting to ensure that we are all concentrating.

You have access to the kitchen for tea / coffee breaks. Lunch is shared in the hostel kitchen / diner on site and starts at 1pm (promptly) and is cleared away fully so that everyone can be back at work for 2pm. Each day someone is assigned to cook and tidy away lunch. If you don't like to cook then you are excused from that duty - there are many others you can do instead. There are usually around 6 people at lunch but this can at times expand. The work day ends at 6pm, but you are welcome to continue. Dinner in the hostel is at 7.30 pm. Sometimes that is with Adam and sometimes not. It's usually easier for residents to eat together but it's up to you.

Tuesday and Wednesday are usually spent working in our gardens (weather dependant), as well as on on-going house and maintenance work. If you prefer less physical activity there is lots to do indoors in the Collection and library - mainly researching, writing and adding entries to the database. Thursday and Friday will be more project-orientated work directed towards your particular interests. That can be to carry on gardening or making things for the projects, or research and administrative work.

### House Rules

- Noise to be kept to a minimum
- No shoes in the building (we provide slippers)
- No mobile phones or Skyping / FaceTiming in the public / shared spaces or in garden areas near the building
- No computers on the dining table at any time
- No smoking in or anywhere near the building
- All meals and snacks to be tidied away promptly & the dishwasher / washing up attended to
- Around the site, red-painted doors / gates / routes are for all, yellow doors / gates are for staff only
- Check with us before you crop anything from the vegetable, flower or fruit gardens
- No whistling ever anywhere (that's just a personal thing of Adam's)

Other than that one, the rules just make things run smoothly for everyone.

Before you depart, strip your bed linen and place it with your towels by the washing machine in the hostel. Replace the bedlinen and leave the room clean, for the next guest.

We drop you back to Ulverston station for a 5.30pm Friday train.

### Progression to Associate Artist

If your volunteer week goes well - and we are interested to continue - the second part of the Introduction Programme can be as an Associate (Artist). In terms of work this tends to be similar to the volunteer placement but more orientated to your interest / skills areas. The role also comes with more responsibility in the programme - helping volunteers and contributing to its planning and management. Associates are currently paid a fee of £1000 for a month (4 weeks) with all expenses covered by Grizedale.

### And Beyond

If all the above works out, the third stage is to become one of Grizedale's network of valued people who freelance on the delivery of our programme and projects in UK and abroad. If based at Lawson Park, fees include board and lodging, and work is usually in 10 day blocks. We are happy to put you in touch with others who have taken part previously in these opportunities - just let us know if this is of interest.