



# SHORT TERM VOLUNTEERING

Live Simply. Contribute Meaningfully.

# WHAT TO EXPECT FROM YOUR EXPERIENCE

Short-term volunteering at Food Forest Foundation is designed for presence, contribution and connection. Volunteers spend one to two weeks living on a small island in the middle of the Zambezi River, immersed in the rhythms of community life and everyday work.

This is not a volunteer experience built around convenience or comfort. It is built around participating in something real; supporting land regeneration, food systems and community programmes through practical contribution and respectful relationship.

You arrive by mokoro. You wake with birdsong. You eat food grown nearby. You work alongside community members, then share evenings around the fire. The simplicity is intentional. It creates space for humility, perspective and genuine connection.

People do not arrive as helpers.

They arrive as participants.

And most leave with a quieter mind, a deeper sense of belonging, and a changed relationship to time, place and purpose.

*"I came to Katambora to take a break from my corporate life, but what I found was healing. The Food Forest Foundation is a place where your hands touch the soil and your heart opens. I worked with the women's group, helped in the herb garden, and joined the youth club on weekends. The laughter, the kindness, the purpose — it all stays with you. Being here reminded me what it means to live in harmony with others and the land."*

- Gustav H (Poland)



# WHY PEOPLE CHOOSE

## TO VOLUNTEER WITH US

People come for many reasons. Some are seeking meaning. Some are seeking perspective. Some are seeking distance from noise, urgency or disconnection. Some simply feel drawn to the idea of being useful in a place that matters.

What they often discover is something deeper.

A slower rhythm of life that feels unfamiliar at first, then deeply grounding. A renewed respect for community and collective effort. A humility that grows quietly as you work alongside others rather than over them. A sense of belonging that doesn't come from achievement, but from presence.

This experience is not designed to impress.

It is designed to reshape.

And for many, it does.

### What volunteers often carry home

- A clearer sense of what “enough” feels like
- A deeper connection to people and place
- A renewed respect for community and collaboration
- A quieter relationship with time
- Memories that feel grounded rather than performative





# WHAT YOUR DAYS ARE LIKELY TO HOLD

No two weeks are the same. Volunteers are placed based on alignment, availability and community priorities rather than fixed schedules or pre-designed itineraries.

Some days involve planting and caring for food forests.

Some days involve working alongside farmers during harvest.

Some days involve supporting community building projects.

Some days involve helping maintain shared spaces, kitchens or gardens.

Some days involve simply showing up where support is needed most.

The work is practical and sometimes physical. But the deeper contribution is relational: showing up consistently, working respectfully, participating without trying to control outcomes.

You are not here to “fix” anything.  
You are here to contribute, to learn, and to become part of the rhythm.

That is where the real value lives..

# LIFE ON THE ISLAND

Volunteers stay in simple but comfortable thatched chalets on or near the island at Katambora. You are surrounded by water, trees and birdsong rather than traffic and screens. Life is lived close to nature and far from urgency.

Meals are shared communally and prepared using local produce wherever possible. Food is seasonal, nourishing and generous. Eating together becomes part of the experience, not just a logistical detail.

There is support on the ground. Transport to and from Katambora is coordinated. Orientation is provided on arrival. Safety is prioritised. You are not dropped into the unknown alone.

Electricity is modest. Internet is limited. This is intentional. The environment gently encourages presence rather than distraction.

Most placements are one to two weeks. Timing, length of stay and expectations are discussed before confirmation so everyone arrives with clarity.

This is not a packaged experience. It is a considered one



# AN INVITATION TO EXPERIENCE

## LIFE AT A DIFFERENT RHYTHM

Short-term volunteering is offered to those who feel genuinely drawn to contribute with humility, respect and care. This experience tends to resonate most with people who are open to learning, comfortable with simplicity, and willing to participate in community life without needing to direct it.

We do not seek people chasing novelty or adventure.

We welcome people seeking connection, contribution and reflection.

If this resonates, we invite you to enquire.

Each placement is discussed personally to ensure alignment with community priorities and individual expectations.

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*"I stayed for six weeks and it completely shifted my perspective. The Food Forest Foundation is not a project—it's a living ecosystem. I learned how to plant syntropic rows, build soil the natural way, and work alongside people who genuinely care about the land. What struck me most was how much the community owns the process. You don't feel like a volunteer from the outside; you feel part of something much bigger."*

*- Katie K (France)*