

# online study and travel with WWOOFing

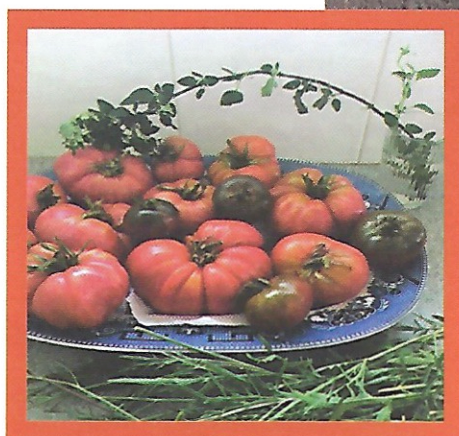
Reilly Grace is a wwoofer  
on a journey.

**R**EILLY GRACE and his partner Lee have a small productive garden in Melbourne, which supplements a portion of their diet. They believe that growing your own food or knowing the source of your food is a crucial component in personal and ecological health.

Reilly joined WWOOF because at 31 he increasingly found himself seeking a more sustainable lifestyle, and he decided to learn how to reduce the stress of modern living – a situation, like many of us, he found himself in.

“My work within the Melbourne construction industry has provided financial stability but it also demanded a sacrifice of joy and connection, so in February this year I decided it was time for a change. I quit my job and took the leap”.

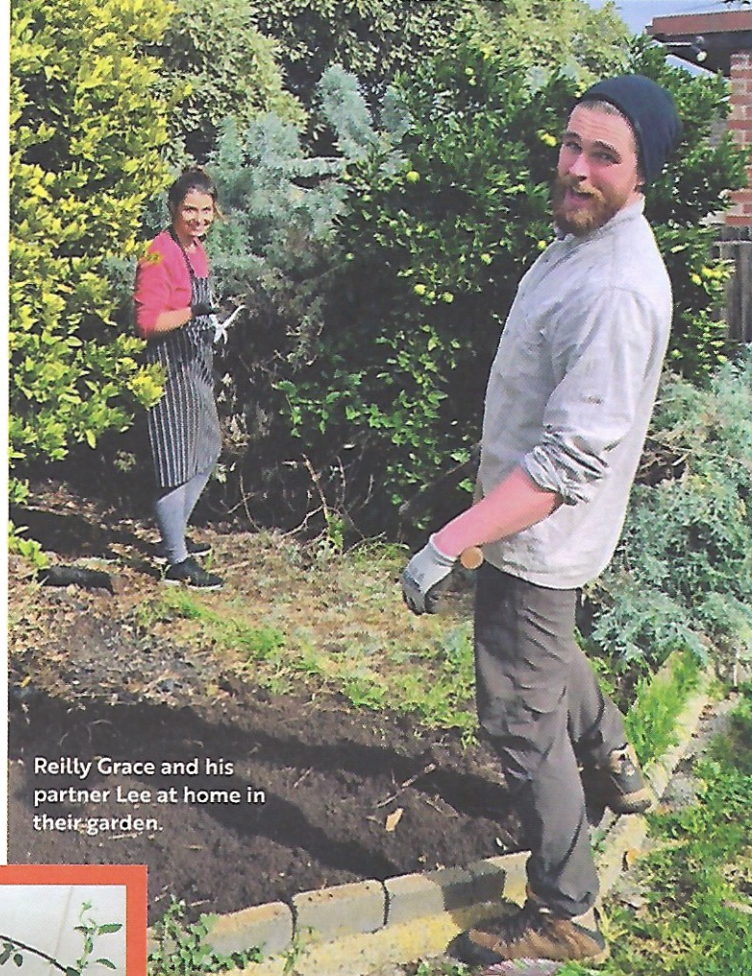
“I am currently enrolled in an online Diploma of Sustainable Living through the University of Tasmania. This was my first step on the path to achieve my desired lifestyle. I joined WWOOF because they have many hosts who offer hands-on practice which supports my online education. My particular interests are permaculture, regenerative agriculture, sustainable building design and biodynamic farming.”



Reilly and Lee's garden supplements  
a portion of their diet.

“My first WWOOFing experience was with Paul from Days Walk Farm, in Keilor Victoria. It was the launching pad for this new journey of mine. Paul's market garden was the ideal choice. It was close to home, giving me more time to spend with my partner Lee before setting off. Days Walk farm is also a large contributor to the Organic Vegie box we receive from Healthy Fresh (excellent box by the way). So, in a way I already had a connection to the farm . . . through my stomach”.

“Days Walk Farm provided a fantastic insight into the functions and operations of a large ‘no till’ organic market garden. I spent two and a half weeks with Paul and his crew of driven young farmers and loved every second



Reilly Grace and his  
partner Lee at home in  
their garden.

of it. The work can be hard, but it is so rewarding. I learnt a great deal about building and preserving soil ecology, seasonal planting schedules, ‘no till’ processes and weed control”.

“One of the things I love most about being on the WWOOFing platform is that you never know what is going to come your way. I have already had a couple of hosts reach out to me after reading my bio within my WWOOF profile. One is in Tasmania attempting to build a self-sufficient, off grid lifestyle for himself and his young family. And the other is in South East Gippsland practising regenerative agriculture. These two amazing learning opportunities are now booked in and I didn't even have to search for them!”

“Taking the leap and changing my lifestyle has not been without its challenges. Stepping away from financial stability and societal expectations has taken some mental work. I always come back to the choices I have now taken. The experiences I am embarking on are priceless. To live, work and learn from people and communities that are already engaged in a conscious and sustainable lifestyle enables me to fast track my journey through these various forms of learning.”