

# SOWING SEEDS.....MAKING A DIFFERENCE

## SUSTAIN'S CORPORATE VOLUNTEERING PROGRAM





# IMPACT

SUSTAIN  
the Australian food network

**Make a meaningful  
contribution to our  
local urban farms**



**Enjoy hands-on  
teamwork in dynamic,  
inspiring green spaces**



**Learn about living  
sustainably with our  
expert team**



## SUSTAIN AND ITS NETWORK OF DIVERSE URBAN FARMS ENABLE PEOPLE AND COMMUNITIES TO LEAD CONNECTED, SUSTAINABLE LIVES.

- Our farms provide space and opportunities to build community connections, to educate, and enable people to live sustainably.
- Corporate volunteers help us to maintain our farms so we can run our community programs, and the financial support from corporate volunteering contributes to funding these programs.
- Help us make corporate volunteering one of our most impactful pathways in leading transformation in our cities.
- All food grown at Oakhill Food Justice Farm is donated to food relief. Your engagement and support helps us feed 100 families each month.



# WHAT TO EXPECT.....

**Connect, sow, and grow** in the sanctuary of our gorgeous urban farms in Melbourne.

Access the benefits of time spent in nature and **hands-on teamwork** while cultivating new skills.

All this plus you will **make a meaningful contribution** to our community urban farm, so thousands of other people can enjoy these special spaces and **learn about sustainable and regenerative food production**.





AS WE BEGIN TO REIMAGINE THE ROLE OUR WORKPLACES PLAY IN THE COMMUNITY....

WE ARE DISCOVERING THE POSITIVE OUTCOMES THAT VOLUNTEERING WITH US CAN BRING TO YOUR ORGANISATION SUCH AS:

**IMPROVED  
MENTAL &  
PHYSICAL  
HEALTH**



**BUILD A  
STRONGER,  
MORE  
ENGAGED  
TEAM**



**IMPROVED  
PRODUCTIVITY  
AND JOB  
SATISFACTION**



**INCREASED  
EMPLOYEE  
ENGAGEMENT  
AND  
COMMITMENT**



**OPPORTUNITIES  
TO DEVELOP  
NEW SKILLS**



# SESSION SAMPLE

**Our Farmer will guide you through an enjoyable morning or afternoon session on the farm.**

**9:00 – 9:25 Welcome to the Farm: Acknowledgement of Country, Safety Induction/ Housekeeping.**

**9:25 – 10:30 Farm Tour**

**Hands on activities could include:**

- **Building no-dig beds**
- **Planting out pollinator and biodiversity gardens**
- **Sowing and propagating seedlings**
- **Learning about efficient weed management**

**10:30 – 11:00 Morning tea**

**11:00 - 12:30 Activities may include:**

- **Building verge gardens and meadows**
- **Turning hot compost bays**
- **Planting out wicking beds**



**It's worth reaching out to have a chat about your team's needs!**

**Simply get in touch with us and we'll design a session that delivers on your goals.**



# CORPORATE VOLUNTEERING RATES

The rates below are per person and based on group size.

Whilst we cater to groups of up to 100, **option 3 for larger groups will only be available at Bundoora Park farm.**

You have the option of holding your half-day session in either the morning or the afternoon. **If your team is after a longer session please get in touch and we'll work with you to support your needs.**

**Option 1: 5 - 20 people \$100 pp**

**Option 2: 20 - 40 people \$85 pp**

**Option 3: 40 - 100 people \$75 pp**



\*Please note that we have a minimum booking rate of \$1100 to support the program's sustainability.



BE PART OF THE MOST ENJOYABLE CORPORATE  
VOLUNTEERING GIG IN MELBOURNE!





# INTERESTED?

SUSTAIN  
the Australian food network

WE'D LOVE TO HEAR FROM YOU!

PLEASE FILL OUT THE EXPRESSION OF INTEREST FORM  
ON OUR WEBSITE OR CALL US AT 03 9606 2104