



Growing together

Work-Study volunteering at Mata House

June 18th until September 7th (+after)



What helps us grow? What is the right environment for growth?

We invite those who wish to experience living and working with others, for a self-learning growing experience, and to help maintain and develop Mata House.

We propose the following themes for exploration:

1. Work/play, heal/grow, rest/challenge
2. Self-organizing groups - autonomy and collaboration
3. Conscious work and self-observation

Together, we'll experiment with this - Can we create the right environment for self-exploration? A safe group of people who are willing to compassionately, honestly, work together. The founder of Mata House, Nimrod, will offer tools to assist the group, but the group itself will autonomously 'hold' and lead the process.

This is the inner intention of this period: *to create an environment for growth and healing, to nurture self-awareness, and to find harmony with others*, with the aid of an experienced facilitator.

The period also has an external, practical aim - *to maintain and develop Mata House, and complete several work projects on the grounds*. This work will be our "research lab" to explore human relationships, connection, communication and collaboration.

The Place – Mata House



Mata House is a center for Being, community, healing and art. A place where you can transform yourself.

Founded by Nimrod Tom Oren in 2023, its values are: Freedom, compassion, connection, expression and awareness.

Mata House aims to serve the community of *Seekers*, people who wish to understand themselves, and to help direct the world towards a better future. It wishes to establish a community around it, in its home village of Mata, and in the surrounding area.

Mata House is located in central Portugal, north of [Torres Novas](#), in the countryside.

The founder, Nimrod Tom Oren, is a trained psychotherapist, instructor, meditator, and dance teacher. He has been facilitating development processes for 20+ years. His spiritual ‘grounding’ is the 4th way of Gurdjieff’s and Sufism, which he teaches in Portugal and around the world.

Despite these ‘titles’, he doesn’t feel like he knows anything. He’s always learning. He tries to provide a free and open space for those around him. Mata House is the manifestation of his dream for a different human society, full of connection, joy and compassion.

Renting possibilities

If you want to come to Mata House, for a more relaxing experience, we offer [rooms to rent, for individuals, couples and families](#), for a minimum stay of 2 nights.

Contact us for more details.

Events

On July 13th and August 10th-11th, Nimrod will teach a [Gurdjieff Sufi dance retreat](#), near Lisbon. Participants are welcome to join at a reduced price.

Basic information



The basic exchange is 20 hours work per week + 2-3 hours a week for meal-prep (5 days a week, ~4-5 hours a day), in exchange for living in Mata House and participating in classes and the group process.

The only cost for volunteers is sharing in food costs, which will be 30-35 euros / week for supplies. Meals will be cooked by the group or personally. If you can't afford this, contact us.

The minimum stay is 14 days, but we suggest you come for more, or at least leave yourself the option. Most people take at least a week to 'settle down', and you can integrate more in to the project if you stay longer. For people who know the center or the founder, there are opportunities to come for shorter periods.

The number of volunteers will fluctuate. There can be as little as 2 people in the house, or as many as 20. The main language of Mata House is English.

As this can be a unique and sometimes challenging journey, we ask that you [go through a short acceptance process, see below](#).

It might be possible to stay after the end of the period, for another volunteer period. If you're interested, let us know.

Going deeper



Mata House is space where we can explore deep questions - Who am I? How can I live in harmony with others? How can I communicate better? What do I need to heal and develop?

We are looking for **independent, responsible human beings**, who enjoy a good challenge, and who are curious about themselves and others. People who wish to work, internally and externally, in a safe environment.

We believe that physical work is an incredible opportunity for meditation and self-exploration. It's also the perfect way to explore relational dynamics. Through working, by ourselves and with others, we learn about ourselves and can practice new ways of Being.

Throughout this process, Nimrod will offer ways which can help you go deeper into your exploration. These have proved helpful to others, but they are optional. It is a free space, and you are welcome to do something else, or continue your own practice, if you have it.

Schedule



The work schedule will be relatively fixed, since many tasks are done as a team. The schedule for activities such as learning, integration, meditation, and dance will be determined by the group.

All activities except work are optional. Although we highly recommend participation, it's a free space. Every person can choose what's best for them.

There can be flexibility with work hours; some people may be able to work at other times or during the weekend. We cannot assure this, so please tell us about it in the application form.

Our days will include:

- **Learning and integrating** - *Optional*. Some mornings, afternoons and evenings, Meditation / Movement / Dance / Yoga / Voice / Sharing / Other.
- **Work** – Monday to Friday, working together on projects for Mata House (see below).
- **Free time** – Time to rest, relax, socialize, take walks, and do anything you wish.

Here's an **example** schedule of a specific participant:

	Monday	Tuesday	Wednesday	Thursday	Friday
07:30	Silent Meditation	Dance Improvisation	Silent Meditation	Yoga	Silent Meditation
08:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00	Work	Work	Work	Work	Work
10:00	Work	Work	Work	Work	Work
11:00	Work	Work	Work	Work	Work
12:00	Work	Work	Work	Work	Work
13:00	Lunch	Lunch	Lunch	Lunch	Lunch
14:00			Work – cleaning lunch		Work – cleaning lunch
15:00			Work – other	Sharing	
16:00				Sharing	
17:00					
18:00		Sufi Gurdjieff Dances			
19:00		Sufi Gurdjieff Dances		Evening ritual / silent walk	Dinner together
20:00	Dinner (personal)	Dinner (personal)	Dinner (personal)	Dinner (personal)	Dinner together

In this case the participant chooses to be in most of the group activities. Other participants may choose to be in fewer classes, and have more time to rest or for personal commitments.

The Work



You are welcome whether or not you have any special skills. However, we might give priority in accepting to people with specific work skills.

We can teach you on the job, and we will try to make sure the group has a good mix of people with the right skill-set. You don't need to be especially fit or young. All you need to be is generally healthy, in body, mind and spirit.

In this period, **we have several major projects**, which will be determined according to the supply of materials and the skills of volunteers. These will probably be **renovating a dance studio, creating a raised-bed garden, and planting a fruit-tree grove.**

Aside from that, there will be many other tasks, such as:

- Gardening - inspired by permaculture principles
- Carpentry – Building beds, tables, bunk beds, decks, huts...
- Construction – huts, decks, stairs, rooms
- Maintenance – Pool, painting, fixing
- Cleaning, cooking
- Shopping and running errands
- Electricity and small fixes around the house
- Website construction and design
- Helping with organizing events and retreats
- And more...

Work will sometimes be in a group, and sometimes by yourself. We ask that you come with an independent and generous mindset – if you see something that needs doing, do it. Truly participate, be a part of Mata House, contribute when you can.

We believe in maximum autonomy and self-responsibility in work, and we trust that whoever comes really wants to give; we don't like to micro-manage 😊

We are looking for professionals

If you are an experienced professional in any of the above fields, let us know, we can perhaps decide on a different exchange.

Accommodations and surroundings



Accommodations are in spacious, light and airy rooms in Mata House. The rooms have wooden floors, simple furniture, and there is a big balcony around the house.

During this volunteer period there will 2-4 people per room.

The house has central heating, and is naturally cool in summer. There are no mold or humidity issues. Necessities such as towels, linen blankets etc. will be provided. There is very fast fiber internet WIFI, which will be open to volunteers.

Mata house has a big, beautiful garden, with lawn you can enjoy. The land is full of plants and trees. Mata House has a big pool, which we can use in the hot months, if we agree to maintain it as a group.



The village of Mata is small, quiet, and has no services except a small local coffee shop. There is no bus service, transportation is only by car, taxi, or bicycle. There are several towns 10-20 minutes' drive away – Torres Novas, Fatima, Entroncamento and Tomar. There you can find supermarkets, restaurants, cafes, hospitals, events, concerts, and all the necessary services.

If you enjoy going out often, entertainment, bars, etc., that's great, but this is probably not the place for you. Life is quiet here, and we enjoy being here mostly. If you don't have car, please be mindful that we can't promise when we can drive you to town, although experience shows this usually works out for everyone, and we often have outings to various locations.

Location and arrival

Mata House is located in the small village of *Mata*, 10 minutes north of *Torres Novas*.

Arrival:

- **By car** – Mata House is approximately 1 hour and 15 minutes' drive from Lisbon airport, and about 2 hours from Porto.
- **By bus** – There are dozens of buses coming to the area every day, taking 1.5 hours from Lisbon *Oriente* station to *Torres Novas*. See <https://www.omio.com>
- **By train** – There are many trains from Lisbon *Oriente* station to *Entroncamento*, taking between 50 and 90 minutes. See cp.pt (Lisbon appears as "Lisboa")

From Torres Novas it takes 10 minutes to Mata House, from Entroncamento 20-25 minutes. Taxis in Portugal are cheap, a 10-minute drive costs around 6 euros, and we will try to help you coordinate with other arrivals. Or, if schedule allows, we might be able to pick you up.

Participants and acceptance process



It's important to know that although Mata House is a place for healing, **volunteer periods are not a therapeutic or convalescence space**. We don't have the attention or personnel to treat serious emotional hardships, or to hold a therapeutic process. The project requires people who are able to do the work around the house, which may be challenging at times, as can living with other people.

If you are feeling very unstable, exhausted, or are recovering from a physical or emotional episode, please take care of yourself and find the right environment for your healing. We sometimes have retreats and courses which are more oriented towards therapy, and the founder gives personal therapy sessions online and in person, which might be better suited for your needs. Feel free to contact us about other possibilities, and thanks for understanding.

If you'd like to join, please send us an email:

Mata.house.portugal@gmail.com

Tell us about yourself and why you want to come. Ask any questions if you have them. We will send back an application form.

Thank you!

🍀 Hope to see you in Mata House 🍀