Volunteer at Nalanda Monastery:

Nalanda is a prospering community of around 25 monks and around 20 residential lay students and volunteers. We are in a very peaceful part of Southern France, and have a friendly and calm environment for people to volunteer. You don’t have to be Buddhist to visit, but should have an interest in learning and living in Buddhist community, and abiding by the certain guidelines to keep the community happy.

Work includes:
- cooking and shopping (main cooks, help in the kitchen)
- cleaning (inside buildings, outside)
- gardening
- art work (in the workshop; able to work under the guidance of a Tibetan artist)
- other like doing administration, office and IT work

Nalanda is located close to Lavaur, about 40 km from Toulouse in the Tarn district of Southwest France. It is located on the river Agout and is set in its own gardens. The monastery is surrounded by farmer’s fields, and so enjoys a peaceful and quiet location. Nearby is our sister center Institute Vajra Yogini, and Dorje Pamo Nunnery. Lama Thubten Zopa Rinpoche is the Spiritual director of Nalanda. Together with his late teacher, Lama Thubten Yeshe, he founded Nalanda as the first Western monastery of the Foundation for the Preservation of the Mahayana Tradition (FPMT). Our Abbot is Geshe Lobsang Jamphel, and together with Geshe Gyaltsen Jamphel is our resident teacher.

Traditionally, it has been difficult for monastics to live in their vows whilst remaining in society, and this perhaps even more so in the West. Therefore our aim is that Nalanda can offer a protective and conducive environment for monks to train in philosophy, monastic discipline and retreats.

We also hope to respond to the increasing requests for qualified teachers around the world; more and more Nalanda monks are teaching and leading retreats in FPMT centres. The community supports monks in trying to make their lives more meaningful, thus fulfilling the wishes of our great teachers. We are not trying to reproduce a Tibetan monastery in the West, but rather to create a monastic community in the Gelukpa tradition which is adapted to westerner’s needs. Alongside the monks, lay men can also stay in Nalanda to do retreat, to follow our program, or to do volunteer works. We have a women guest house that is close to Nalanda, for students, volunteers or guests. It can house only 5 women at a time. Nalanda offers an atmosphere for all visitors. Visitors are welcome every Sunday afternoon between 2 PM and 6 PM.

Volunteers receive full board with three vegetarian meals per day, in return for 5 days or 30
hours offering of service a week, together with the opportunity to attend weekend teachings
when held at Nalanda, or the nearby Vajra Yogini Institute.

For more information visit Nalanda website [www.nalanda-monastery.eu](http://www.nalanda-monastery.eu), or contact us
directly at:
kyc@nalanda-monastery.eu
Tel: +33 5 6358 0225