



Q & A

Here are some frequently asked questions. I wish you a pleasant and fulfilling stay ...

Q: How hard is farming?

A: Since the farm work is the same as the farm staff for 8 hours a day, it is a real field work, which is completely different from the harvest experience and gardening. I think that the way you feel depends on the content of the work and your physical strength, but many people say that it was more difficult than I had imagined. Unfamiliar farming can cause muscle soreness at first. However, since it is a work that elderly people also do locally, I think that if you have the motivation, you will be able to do it if you get used to it.

Q: Please tell me the contents of monthly farm work.

Click to see related videos and images.

March: [Sowing beet \(sugar beet\)](#), [cutting wood](#), etc.

April: [Shifting beet seedlings](#), [preparing potato seeds](#), [picking stones](#), etc.

May: [Transplantation of beet \(sugar beet\)](#), [supplementary planting](#), [stone picking](#), [broccoli seedling planting](#), etc.

June: [Potato seeding](#), kitchen garden seeding, etc.

July: [Thinning out sweet corn](#), [weeding](#), [broccoli harvesting](#), etc.

August: [Broccoli harvest](#), [weeding](#), etc.

September: [Potato harvesting](#), [sorting](#), etc.

October: [Potato sorting](#), [beet harvesting](#), [stone picking](#), etc.

November: Clean up, etc.

Throughout the year: Cleaning of farmhouses, customer service, etc.

Q: Please tell me the flow of the day.

A: It depends on the time of year, but basically the flow is as follows.

7 o'clock breakfast, tidy up

Work from 8:00 to 12:00 (with a break on the way)

12:00 to 13:00 Lunch, tidy up

Work from 13:00 to 17:00 (with a break on the way)

Shower in turn from 17:00 to 18:00

18:00 to 19:00 Dinner, tidy up

19: 00-Free time (Spend time in your own room, interact in the living room, and spend your time freely.)

Q: What kind of room do you stay in?

A: Basically, you will stay for free in the [guest room that is also used as a guest house](#). It is a completely private space with one room per person. Unless you are a friend of mine, you will not be in a shared room.

Q: How many volunteers are there?

A: It depends on the time of year, but there are about 2 to 6 people at the same time, for a total of about 70 people a year. Normally, we would like all applicants to come, but since the content of farm work and the number of rooms are limited, we basically exceed the capacity and make selections.

Q: What is the selection rate?

A: It depends on the year and time of year, but it is usually 2-3 times more popular, and the popular period such as summer vacation is 5-6 times more popular.

Q: What kind of volunteer members are there?

A: The most common are college students, followed by working adults in their 20s, high school students, and so on. Most people come from cities outside Hokkaido (Tokyo and Osaka), and about 10% from overseas. There are also many repeaters.

Q: Please tell me how to apply.

A: Please contact us by email (ezurafarm@gmail.com) or the inquiry form with your profile, motivation, and desired length of stay. Basically, we are accepting applications for more than the capacity, so we are very sorry, but we are selecting. We will usually reply to the selection result within one week.

Q: How do you eat?

A: [We eat the meals we have prepared](#) together in the living room at fixed times every day (basically at 7:00, 12:00, 18:00). In addition to our family and volunteer members, guesthouse guests may also be together.

Q: What do household chores do?

A: We will share the meal serving, tidying up (washing dishes, etc.), washing and folding, and vacuuming.



Q: Please tell me what to bring.

A: Please bring comfortable clothes (T-shirts and shorts in summer, sweatshirts up and down in spring and autumn, etc.), clothes for sleeping, clothes for going out, toiletries, and toothbrush. All farm work clothes (coveralls, hats, work gloves, boots, raincoats), towels, shampoo, conditioner and body soap are available. I also do the laundry here every day.

Q: I'm not confident in my physical strength, is that okay?

A: Volunteers are asked to do farm work for 8 hours a day, the same as farm staff, so if you are not confident in your physical strength, it may be too burdensome to volunteer from the beginning. [How about staying at a farmhouse inn](#) as a guest and trying from a short "agricultural experience" first?

Q: It seems that only young people can apply, even if they are in their 30s or older.

A: There is no age limit, so if you are confident in your physical strength and can enjoy interacting with members in their teens and 20s, there is no problem. In particular, those who are exercising or doing physical labor on a regular basis, those who are aiming for new farming, those who want to learn agriculture in their work, etc. are welcome. I would like to tell you that you will not get a disappointing result even though you came here. From past experience, from around the age of 35, those who do not usually exercise etc. have no physical strength and give up farming I have the impression that there are many people. If you are worried, we [recommend that you first stay at a farmhouse inn](#) and start with a short "agricultural experience".

Q: I would like to incorporate volunteers on school trips, employee trips, etc.

A: Every year, we also use it for school trips and employee trips. Basically, the plan is to stay at a [farmhouse inn](#) and have an "agricultural experience". Please contact us.

Q: I want my children (high school students, etc.) to experience volunteering.

A: We recommend that children under junior high school [stay at a farmhouse inn](#) with their parents and have an "agricultural experience". If you are a high school student or above, and if you are interested in yourself, please apply.

Q: I would like to participate in volunteering as a rewarding (fun) in old age.

A: Full-scale farming for 8 hours a day on a large-scale farm of 42 hectares (about 8 Tokyo Domes) requires a lot of physical strength, and I think it is too burdensome. [Please stay at a farmhouse inn](#) and participate in "agricultural experience" and short-term volunteer activities.

Q: I would like to volunteer as a rehabilitation for mental and physical illnesses.

A: I think that nature and farm work have the effect of healing the mind and body, but I think that changes in the environment, communal living, customer service of guest houses, and farm work of 8 hours a day are too burdensome for rehabilitation. .. We recommend that you consult with a medical institution and take the appropriate method. When you feel well, please apply as a volunteer.

Q: I want children who are delinquent / have problem behaviors to experience farming and rehabilitate.

A: Ezura Farm accepts volunteers who are interested in agriculture and rural life, so we do not accept them for that purpose. If you are interested in agriculture in the future, please apply from yourself.

Q: Why are you accepting volunteers?

A: I want to share with many people the richness of agriculture and country life that I learned as a farmer. Also, in depopulated areas where the number of people is steadily decreasing, we believe that agriculture can only be carried out with the help of everyone who comes from urban areas. Please see [this blog](#) for the background and feelings of accepting volunteers.

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Name & Nationality *

Email *

Age (if contact us about volunteer)

Message *

Send



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