

Unlock Inner Peace & Growth: Volunteer with a Transcendental Meditation Non-Profit



MERU



**EUROPEAN
SOLIDARITY
CORPS**



Quick info

Hosting organisation: Stichting MERU/MVU

Where: Vlodrop, Netherlands

When: 3+ months - starting beginning of January 2025

Participant profile: 18-30 years olds who are interested in engaging with a multicultural, international community. They have a genuine curiosity about meditation and are motivated to learn Transcendental Meditation. A good command of English is expected to support communication and participation in the program.



The hosting organization

MERU (Maharishi European Research University) is the **international headquarters** of Maharishi's worldwide Transcendental Meditation organizations. It is a campus in The Netherlands offering courses, retreats, Ayurvedic wellness treatments and events.

MERU is located inside **De Meinweg National Forest** near the village Vlodrop in the south of the Netherlands, on the border with Germany.





CONSCIOUSNESS



At the beginning of your participation, you will learn **Transcendental Meditation** during a **4-day course** from a certified teacher. For more information on TM visit tm.org

We organize various programmes for volunteers to deepen their knowledge and integrate the experience of meditation into their daily life such as **knowledge meetings** and **group meditations**.

As a volunteer, you can join Vedic Celebrations in the Maharishi Peace Palace (our special course location) and get discounts on online courses offered by MERU.

It is a fantastic and unique place where you can spend your time turning inwards and discovering more about your **inner-self**.

OUR HERITAGE



Maharishi Mahesh Yogi launched the Spiritual Regeneration Movement in 1957 to spread Transcendental Meditation (TM). Beginning his world tour in 1958 and arriving in the United States in 1959, TM gained worldwide recognition in the 1960s. He lived his last 18 years at MERU until 2008.



TM changed many lives and contributed to making meditation mainstream in the West. It is an effortless, effective technique that anyone can learn, allowing the mind to transcend active thinking and experience restful alertness.

Scientific research shows numerous benefits including reduced stress and anxiety, improved cognitive function and better cardiovascular health. Through his consciousness-based programmes, Maharishi linked Vedic knowledge with modern science.

Dr Tony Nader

Tony Nader MD PhD, is a Harvard and MIT-trained medical doctor, internationally respected neuroscientist and Vedic scholar. Today, he carries forward the legacy of Maharishi Mahesh Yogi by sharing the knowledge of consciousness and promoting TM worldwide.

Appointed by Maharishi to lead the international TM organisation, Dr Nader champions the development of consciousness to awaken higher values, resolve societal conflicts and help individuals unlock their full potential. Under his leadership, MERU presents this knowledge in a clear, simple and practical way.



drtonynader.com



VOLUNTEERING AT MERU



Dining Services



Gardening



Office Positions



Hospitality



Main responsibilities of volunteers

As a volunteer, you would be contributing to our community of 150 to 200 people. Volunteers at MERU work **6 hours** per day, **5 days** per week and receive **230€** pocket money.

Volunteers work in **dining services**, which include cleaning the dining halls and helping our cooks by cutting vegetables for them. You can also work in the **garden** or **hospitality department** or in some **office** positions depending on your skills, interests and availability.

Additionally, you can organize **workshops** for the community or support in other community activities.



Accommodation

MERU provides comfortable accommodations always with a **private bedroom**.

Depending on availability and your preference, you can stay either in a shared house in a nearby village and come to volunteering **with a daily shuttle** or stay in the Residence Building on campus.

If you stay in a house, it is typically shared by **three people**, with a common kitchen, living room and bathroom.

If you are on campus, the rooms in the Residence Building has private bathrooms and in each floor there are communal kitchens.





Food



Every day, we serve freshly cooked, warm, organic, vegetarian Ayurvedic meals designed to keep you balanced and energized.



We provide self-service breakfast in the Dining Hall. Whether you're an early bird or prefer a late start, you'll find fresh breads, cheese options, jams and a selection of cereals and milk available.



Lunch (12:00–14:00) and dinner (18:00–20:00) are served in our communal dining area. It's a great opportunity to connect with fellow volunteers and residents while nourishing your body and your soul.

Things to do or see in the area

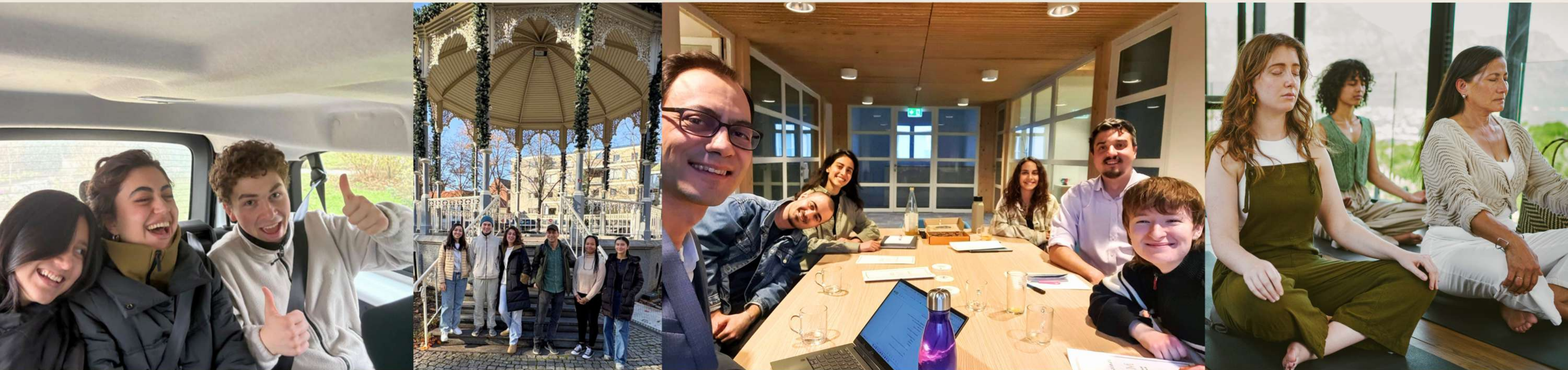
Roermond is a beautiful small and touristic city on the river Maas. You can go shopping, enjoy cafes and even go for a boat ride. On their website you can learn lots more: <https://www.weareroermond.com>

Here you can also catch a direct train to nearby cities such as Amsterdam or Maastricht.

The village of **Vlodrop** is located 7 km away from MERU campus. Here you will find a few supermarkets, cafes, a hardware store, and a local farm cafe & shop with lots of local products. You can also rent canoes there (kanoverhuur) <https://www.schurenhof.nl/>



If you feel inspired after reading this info pack and think that you would be glad to come and contribute to the MERU community and work on your personal evolution please feel free to reach out to us by applying through **European Youth Portal** or sending us an email through: **staff@meru.international**



Thank You!



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