



NEWBURY  
BUDDHIST MONASTERY

# Staying at NBM

Updated February 2026

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## DEFINITIONS OF TERMS

***Accommodations Officer:*** A Sangha member who takes on the responsibility of allocating accommodation within the monastery and has the right to shorten or lengthen the duration of any guest’s period of stay in consultation with the resident Sangha, regardless of membership status or otherwise.

***Sangha Officer:*** A Sangha member who has a responsibility within the monastery to carry out a certain task on behalf of the Sangha community eg. Accommodations Officer (AO) or Stores Officer (SO) etc.

***Sangha Representative:*** A Sangha member (one Bhikkhu and or one Bhikkhuni) who are the representatives of the Sangha that convey the wishes of the Sangha to the BSV committee. They are not Abbots or Abbesses and do not make decisions for the Sangha.

***Monastics:*** Ordained Buddhist monks and nuns who lead a celibate life.

## WHAT IS NEWBURY BUDDHIST MONASTERY (NBM)?

NBM is a monastery (a place where nuns and monks live) that provides a conducive environment for monastics and laity to live according to the teachings of the Buddha. Teaching (including dhamma talks) is conducted in English.

The monastery is primarily a place for the training and ordination of nuns and monks in accordance with the Dhamma-Vinaya (the teachings of the Buddha). We also have a few spaces for lay people to stay so that they too can get a taste of monastic life and have some quiet time away from the business of everyday life as they support the dual Sangha in their vinaya practices.

The monastery location is set amongst the forests near the small town of Newbury in central Victoria, just 1 hours’ drive North-West from the Melbourne International Airport (Tullamarine Airport).

# HOW TO GET HERE

## Property Address

107 Beaches Lane, Newbury Victoria, 3458 (use this address in GPS). Some GPS units struggle to find NBM at 107 Beaches Lane and direct people to go down “Yankee Road” and walk 500 meters to NBM. You should **NOT** use Yankee road as it will not lead you to NBM without walking through dense forest.

The NBM is found at the end of Beaches Lane, which is an all-season dirt road (the dirt road is usually in good condition and does not require a 4WD vehicle).

# HOW TO APPLY FOR ACCOMMODATION

## Accommodation Facilities

We have limited rooms available (usually only one person to a room) for men and women according to gender at NBM for people who wish to stay. There is no charge to stay at NBM, though any donations of course allow us to maintain the monastery and facilities for future use.

We do not offer any facilities for caravans or tents without extenuating circumstances, and all applications to stay must be made through a booking PRIOR to your arrival. Please do not just turn up and expect accommodation as refusal can be embarrassing for all parties concerned.

## Children

Children between 12 and 18 years of age are welcome to come and stay at the monastery with the following conditions:

1. They come with a parent (or an adult companion) who will act as their guardian during their stay.
2. The adult companion stays in the same room with the child overnight, and is of the same gender of the child.
3. The adult guardian is well-known by the child and has the permission of the parents to supervise the child during their stay at NBM.
4. The adult companion stays near the child during all activities including the work period and is responsible for their conduct at all times.

## Pets

We do not allow pets to come to NBM due to the possible problems of damage to native flora or fauna. We try to maintain as natural an environment here as possible to encourage native wildlife to not be disturbed from their natural habitat. Cats are especially damaging to native birds in the Australian forested areas. Out of safety for everyone, please do not bring pets, or drop-off animals at NBM.

# How to Book

Applications to stay can be made via the website: <https://www.bsv.net.au/staying-in-newbury-buddhist-monastery-nbm/>.

## NBM SCHEDULE

The weekly and daily schedule is established by the Sangha in the monastery and is subject to impermanence without notice. Please read the daily schedule below for more details. It is important to understand that NBM does not offer private retreat places, and all practitioners/volunteers are to participate in the daily schedule which includes work-periods and group meditation practice.

### Weekly Work Schedule

Work meetings are at 7.45am except for those who have a day off (resident sangha and long-term volunteers only).

We do not encourage discussions during the work period. Please work mindfully and reserve Dhamma discussions to the appropriate time.

If the weather is not suitable for outdoor work in the morning, the tasks will be carried out in the afternoon. Work should be limited to the work-period (mornings or afternoons as decided according to weather conditions by the Work Manager) unless it is of utmost urgency; meaning it cannot wait until the next work period. This allows an environment of peace for those who wish to meditate in the afternoon.

### Daily Schedule

Navaka, novices, trainees, practitioners/volunteers – please follow the daily schedule.

04:30am	Wake and rise unless ill. One can always get up earlier.
05:00am	Chanting followed by Group Meditation.
06:30am	Assist with breakfast preparation
06:45am	Breakfast and clean-up.
07:45am	Work meeting and work. <b>(Note: cold weather: work from 2pm to 4pm)</b>
09:30am	Stop work & clean-up
09:45am	Assist with lunch Dana at SOS
10.45am	Main meal & clean-up.
12:15pm/ 12.30pm	Dhamma talk or Q&A with a monastic (monk or nun). Chaperone if needed.
01.00pm	Personal time.
06.00pm	Evening drinks in dining hall (optional)
07.00pm	Group meditation. Wednesdays: old recorded talk by Ajahn Brahm Saturdays: recent recorded talk by Ajahn Brahm (Monks' Vihara)
08:30pm	Personal time.

# DHAMMA TEACHING AND COUNSELLING

## Lunch Time Talk

A Dhamma talk or Q&A session may be given by a monastic after lunch between 12:15pm – 1:00pm.

## Counselling

If you need counselling or wish to speak with a Sangha member for more than a couple of minutes, please arrange a suitable time with the Sangha member you wish to speak with, and ensure that you bring another adult with you at the time of counselling if being counselled by a Sangha member of the opposite gender (i.e. 3 persons at the interview).

# ENVIRONMENT

## Health and Safety

### Fire Safety

The following items and activities are prohibited in the monastery at any time due to fire risks:

- Cigarette smoking.
- Lighting candles anywhere except in the meditation hall, and then only at the appropriate space provided near the Buddha statue.
- Use of incense sticks or any scented objects that burn.
- Starting a fire anywhere on, or near the surrounds of the property without the permission of the *Sangha Representatives* and presence of fire-fighting equipment.

Any breach of the items and activities is grounds for the early termination of your stay due to the serious nature of fires and the danger they present to life and property in rural Victoria.

**EVACUATION & EMERGENCY ASSEMBLY POINT:** if evacuation is required, please assemble in the nuns' area car park and follow the directions of the fire wardens. Please refer to Fire Information found on NBM website <https://www.bsv.net.au/fire-information/>.

### Work Safety

The Work Manager (a Sangha member) will determine if it is safe and appropriate for you to handle any machinery or equipment within your capability. Safety is important to the Sangha at NBM, so please follow the directions of the Work Manager (unless you deem it unsafe to do so). It will be respectful and of mutual benefit that the laity listens to the Sangha's advice and instruction. If the Work Manager is unavailable, then please follow the instructions of the resident Sangha.

During work meetings, you will be asked if you are able to undertake a job. Unless the work allocated to you is something you cannot handle, please accept whatever has been assigned. The Work Manager may group people into small teams for task efficiency more so than on the basis of keeping friends together.

## Climate

**Temperature:** Newbury's temperatures can range from lows of around -5°C to highs of around 38°C. The colder months are usually from May to October. In any case, it's safer to bring warm clothing as there has been instances of light sleet or snow in as late as October.

**Rain:** Newbury tends to have an above average level of rainfall compared to the rest of Victoria. It's best to bring some clothing suitable for wet-weather conditions.

**Sun:** The availability of direct sunlight is patchy as there is usually some form of cloud cover for most of the year. The driest and sunniest days tend to be from November to March.

## Valuing Silence

Silence is encouraged at NBM as a general support for one's practice, especially during meals and meditation times. A lot can be said with a nod or shake of the head. A smile always speaks a thousand words.

# STAYING & LEAVING

## Duration of Stay

### Practitioners/Volunteers Not Seeking Ordination

1. May stay for a total of 90 days per calendar year/per stay. Anyone wishing to stay more than 2 weeks or longer are subject to reviews conducted by the resident nuns, taking into account feedback from the four-fold community where applicable. Reviews take place at stays of:
  - 2 weeks
  - 1 month
  - 3 months
2. They must:
  - Comply with the conditions of stay.
  - Agree to act as attendants during their stay and to support the Sangha in their activities and vinaya practices.
  - Cooperate with the resident community to assist in the harmonious growth and development of NBM.
  - Follow the instructions of the Sangha Representatives if given an instruction (especially in relation to health and safety matters).
3. The application to stay form contains the arrival and departure date for the practitioner/volunteer's stay at NBM. The practitioners/volunteers are expected to arrive and depart on the dates/times given by them so we can accommodate others accordingly.
4. Agree to leave at any time if asked to do so by the Accommodation Officer. Where possible, advance notice will be given, but this is not guaranteed depending on the reason for termination of stay.

### Practitioners/Volunteers Seeking Ordination

Those seeking ordination need to abide by the following conditions throughout their stay at NBM. A person interested in ordination can stay longer than three months (subject to review).

Those wanting to ordain and stay at NBM must:

1. Observe the daily schedule of NBM.
2. Comply with the **Conditions of Stay**.
3. Support the Sangha.
4. Support the maintenance and development of NBM.
5. Get approval to stay via formal resident nuns' review (taking into account feedback from the four-fold community where applicable) at these periods:
  - 2 weeks
  - 1 month
  - 3 months

Resident nuns determine who stays and who goes following the review, with the Accommodation Officer conveying the decision of the Sangha to guests.

6. May be reviewed outside the three review times (as stated above) should a behavioural/suitability problem occur. An unfavourable review can result in the practitioner/volunteer being required to leave NBM.
7. Agree to leave without dispute if asked to do so by the Accommodation Officer. Where possible, advance notice will be given, but this is not guaranteed subject to prevailing conditions.
8. Accept the room given by the Accommodation Officer without making a request to change (unless there is a serious health problem).
9. For more information, please refer to the Bhikkhuni Ordination section on the website <https://www.bsv.net.au/bhikkhuni-ordination/>.

## What to Bring

Please bring the following, keeping in mind that Newbury is usually 3-5 degrees colder than Melbourne city (on average). **All guests are expected to bring their own bed-linen (or sleeping bag)** except for international or inter-state guests. The following list is useful for all guests to bring:

Meditation cushion (optional)	Jacket / raincoat / umbrella	Towel, toiletries, personal hygiene items, medicines.	Hot water bottle (the one used in bed to keep warm)
Sleeping bag / doona + cover, bed sheets and pillowcase.	Slippers, joggers and warm shoes.	Small blanket / wrap for hall use	Drinking water bottle / Vacuum flask
Warm clothing – socks, beanie etc.	Torch and alarm clock	<b>Clothing for Fire emergency:</b> cotton long-sleeve shirt, cotton jeans, leather boots.	

It is important to bring clothing that allows you to sit on the floor or a chair comfortably. All clothes should be in good repair and appropriate to the occasion (i.e. please don't wear pyjamas in common areas such as the meditation or dining hall). Loose clothing affords better flexibility when sitting cross-legged (i.e. tracksuit pants or cargo pants etc.).

## Checking-In

All practitioners/volunteers coming to stay must check in with the Accommodation Officer (AO) or the AO's delegate in order to be shown their room and receive their key. The hours for checking in are between **7:30am to 10.30am**; however, please inform the AO of arrival time in advance so that the AO or AO's delegate will be available to meet you.

If you arrive outside of the specified hours and do not inform the AO in advance, there may not be anyone to meet you to show you to your room.

## Checking-Out

The practitioner/volunteer shall be responsible for ensuring their key is returned into the hands of the AO (or the AO's delegate) or the Lodge Manager, and that their allocated room is left in a clean and serviceable state (such as it was at time of check-in).

Upon departure please ensure that:

- all personal belongings are removed.
- heaters, electric blanket and lights are turned off.
- doors are left unlocked.
- monastery bed linen, etc (if used) are washed and hung out to dry and kept in box provided in your room. (Please arrange with another practitioner/volunteer to wash your bed linen if you are unable to do so due to conditions beyond control.).
- the room is cleaned and vacuumed before you leave.
- rooms with shower and toilet: please ensure that the toilet, shower and bathroom area are cleaned before you leave.
- if something is damaged or worn-out during your stay, please inform the Lodge Manager or Accommodations Officer (AO) prior to leaving.
- the lodge manager or lodge manager's delegate may conduct a room-check at time of check-out to see that these items have been completed

## DRUGS

Smoking, drinking, chewing tobacco or betel nut, and the use of any recreational drugs are strictly forbidden. If you have any of these items in your possession, please dispose of them before entering the monastery. Any form of smoking is a fire-risk and is not allowable on or near the property. There are no exceptions to this rule. Breach of the above is grounds for the early termination of your stay and may result in your being asked to leave immediately.

## MEALS AND DIET

Meals are offered in the dining hall at the Sanctuary of Stillness (SOS). Practitioners/volunteers staying at NBM are not to make requests of other lay supporters to bring in special foods without Sangha approval. Special diets are only considered for those Sangha members and postulants with food allergies. Practitioners/volunteers with food allergies should discuss their problems with the AO, but should NOT on any occasion, make requests of lay supporters to bring food that suits them for whatever reason.

Meals are offered and taken in order of:

1. Bhikkhus & Bhikkhunis.
2. Samanera & Samaneri.
3. Postulants for ordination.
4. Caretakers (they have duties to perform after lunch).
5. Those on 8 precepts.
6. Visitors on 5 precepts or those who are not following precepts.

No storage, preparation or cooking of raw meat or raw seafood is allowed onsite.

**No special diets are offered.** Please accept with gratitude whatever meals are provided by the devotees when they bring meals into the monastery. If required, please bring your own meals to cater to your special needs.

No food, whether stored or brought in, can be consumed until offered to the Sangha. Sangha permission is required to take any food from the stores, as food is brought in for the use of the Sangha and is thus Sangha property.

## BEHAVIOUR

### Food

Food can only be consumed from dawn through to the middle of the day. Consumption of meals or food outside these times is contrary to the 6<sup>th</sup> precept.

There are allowable tonics and foods that may be consumed after midday such as: fruit juices, confectionary (lollies & plain chocolate), ginger, oil, butter, ghee, salt, cocoa, coffee, tea, honey and molasses.

### Precepts

The 8-Precepts are to be maintained at all times by those staying at NBM and are as follows:

- 1) I undertake to abstain from killing beings (includes insects).
- 2) I undertake to abstain from taking what is not given.
- 3) I undertake to abstain from any sexual activity (in public or private).
- 4) I undertake to abstain from false, harmful speech.
- 5) I undertake to abstain from the use of intoxicants (includes alcohol and any recreational drugs).
- 6) I undertake to abstain from eating after the midday meal (exceptions can be arranged for legitimate health concerns such as pregnancy & diabetes etc.).
- 7) I undertake to abstain from dancing, singing, music and *watching entertainments\**, and from using beautifying objects i.e. jewellery, perfume, cologne, fragrant antiperspirants, make-up etc. (*\*includes entertainment through modern hand-held technological powered gadgets like smart phones, i-pads, laptops...*)
- 8) I undertake to abstain from indulging in high and luxurious seats and beds.

Exceptions can be made in consultation with the NBM Sangha Representative/s. Relaxation of rules are usually in regard to chronic medical issues.

## Gender Segregation

Noone is to have visitors visiting them in their private residence regardless of gender. Any visits/meetings should take place in public areas such as the dining hall. This is to prevent rumours and to preserve quiet around private quarters to support meditation.

Excessive one-on-one interactions with the opposite gender are not encouraged, even between spouses.

Please do not hang around Sangha members unless there are pressing matters to resolve. In particular, these times should be avoided:

- when Sangha members are working at the office during the day.
- when the place of meeting is secluded from others so that there is limited chance of being seen or heard by another person (ie. in the middle of a paddock away from everyone else). This pertains only to members of the opposite gender.
- after meditation sessions. Please retire to your own room after meditation sessions (or assist with breakfast if after morning session) and do not hang around for idle chit-chat.

We understand that people can develop strong connections with Sangha members. Excessive connection-making however can be considered by others to be a form of intimacy and may give rise to unwanted rumours and gossip (especially if it involves a member of the opposite gender). Any guest who spends excessive amounts of time hanging-out unnecessarily with monastics may be asked to leave the monastery.

## Dress Standards

The following lists contain items of clothing or fashion styles that are unsuitable within monastic environments for lay people to wear:

- No bare shoulders
- No tank-tops or mid-riffs
- No tight or transparent clothing
- No short skirts or shorts
- No sleeveless shirts
- No revealing clothing
- No lingerie
- No ripped or otherwise improper attire

# COMMUNICATIONS

### *Mobile Phone Use*

Practitioners/volunteers may bring their mobile phones with them if they wish but are not to use them for telecommunications unnecessarily in public areas. Usage in the Lodge is strictly prohibited as the walls are very thin and will be a disturbance to other practitioners.

Other than that, unless a practitioner/volunteer has been asked to do some work for the monastery by a *Sangha Officer*, mobile phone use is strongly discouraged. Practitioners/volunteers can use their mobile phones in the case of emergencies requiring police, ambulance or fire brigade intervention.

On high and extreme fire danger rating days, practitioners/volunteers are requested to carry their mobile phones with them so that they can be immediately contacted in case of emergency evacuations.

### *Computer & Media Device Usage*

Practitioners/volunteers may bring their personal laptops/media devices with them if they wish for study purposes. Ear/Headphones are to be used at all times in public areas and in the lodge. Laptops/media devices can be used in the following areas:

- Dining Hall
- Personal quarters
- In any Dhamma classes where reading material is referenced from electronic media.

## INFORMATION FOR STAY

### Insurance & Medical Cover

Practitioners/volunteers applying from overseas to stay at NBM must hold adequate travel insurance and overseas visitors' health cover which includes hospital admittance and ambulance transport. They must also agree to cover for up-front fees in case of hospital admittance.

Australian citizens and PRs covered by Medicare must hold ambulance cover as this service is not included in Medicare.

### Transport

Those coming to stay are advised to arrange their own transport to the monastery. For more information, please refer to website: <https://www.bsv.net.au/how-to-get-to-newbury-buddhist-monastery/>. Information on booking of taxis are easily available online.

### Requests for Requisites

Practitioners/volunteers are strongly advised not to ask supporters for anything and to work in consultation with the respective Sangha Representatives should there be a need for the Monastery.

The NBM supporters are generous and hard-working people. This policy is in place to prevent abuse of their kindness and generosity.

### Mail Services

#### Closest Postal Office

Any mail you wish to send is at your own cost (you will need stamps, envelopes and suitable funds for parcel sending). Please try to keep your correspondence to a minimum.

The closest Postal Office to NBM is found in Trentham at:

Shop 1/40 High St,  
Trentham  
VIC 3458

# MEDICAL FACILITIES

## Nearest Medical Centre / G.P.

### **Springs Medical Centre**

Open 8:45am–5pm weekdays. Closed weekends

Phone: (03) 5424 1602

22 Victoria St, Trentham

VIC 3458

### **Campaspe Family Practice**

Open 8am–7pm weekdays & Saturday: 9am–3pm

Appointments from 7pm onwards and on a Saturday incur an additional fee.

Phone: (03) 5422 3988

7-25 Caroline Chisholm Dr, Kyneton

VIC 3444

Usually, one needs to call a practice before 9am on the day you wish to go in to book for that day, otherwise you will need to book for the next day or later. It is unlikely that you will be seen if you just turn up for an appointment.

### **Nearest Hospitals**

<b>Hospital</b>	<b>Approx. Travel Time (Without Traffic)</b>	<b>Address</b>	<b>Telephone</b>	<b>Resident Doctor</b>
Kyneton Hospital (open 24 hours)	28 minutes	7-25 Caroline Chisholm Drive, VIC 3444	5422 9900	No
Daylesford District Hospital (open 24 hours)	26 minutes	13 Hospital Street, Daylesford, VIC 3460	5321 6500	No
Ballarat Base Hospital (open 24 hours)	52 minutes	1 Drummond St N, Ballarat Central VIC 3350	5320 4000	Yes

### **Nearest Pharmacy**

Trentham Pharmacy

Tel. (03) 5424 1000

43a/45 High St, Trentham VIC 3458

Mon – Fri: 9:00 am – 5:00 pm

Sat : 9:00 am – 12:30 pm

Sun: Closed

## Nearest Dentists

Woodend Dental

Tel: (03) 5427 2433

102 High St, Woodend VIC 3442

Mon – Fri: 8:30 am – 5:30 pm

Sat : Closed

Sun: Closed

Kyneton Dental Clinic

Tel: (03) 5422 6159

67 High St, Kyneton VIC 3444

Mon – Fri: 8:30 am – 5:30 pm

Sat : 9:00 am – 1:00 pm

Sun: Closed

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