

# internship 2018



## DESCRIPTION

The internship program in the Ecoaldeia de Janas is aimed to young adults in look for a professionalizing and learning experience in a rural and communitary development context. It's a residential experience with a stress on technical and professional skills development with a strong formation component and is thought for people looking for a mid and long term learning experience.

## **DURATION:**

Between 3 and 6 months

In this period the intern will work together with the residents team, the Ecoaldeia founders and the team of the volunteer workers. During the residence period the intern will have the opportunity to:

- Help the working team in the daily tasks of the Ecoaldeia in different intervention areas and/or project focus;
- Attend to the formation events in the Ecoaldeia in the themes related to his/her internship topic (when there will be space);
- Eat mostly with locally produced or bio ingredients cooked in a collaborative way for the whole team;
- Share the living in the Casa de Madeira with the basic conditions to ensure a comfortable living;
- Share a community living tightly connected to the earth, works and crafts directed towards self-sufficiency and with a relevant socio-economic intervention in Janas;
- Learn different themes and practical crafts about sustainability, contribute to the development and improvement of this themes in a practical way in the Ecoaldeia de Janas, allowing also a multifaceted curricular enrichment and with a possible long-term integration;
- Receive a monthly pocket-money of 200€.

### **Positions are available for:**

\* Agriculture and Fruticulture, tasks include:

1. Seed bank organization
2. Cultures implementation and conduction
3. Harvest
4. Orchards implementation and maintenance
5. Volunteers managing applied to the agricultural sector

\* Construction, tasks include:

1. Design, preparation and execution of the work
2. Volunteers managing applied to the agricultural sector

\* Social, tasks include:

1. Receiving and helping the guests
2. Manage the Eco-lodge
3. Events organization support
4. Kitchen managing support

\*Rural products, tasks include:

1. Mushrooms production
2. Plant nursery managing
3. Support in other seasonal productions

## **INTERNSHIP PLAN**

Tutors

The tutors' team ensures the constant formation and support of the interns in their respective project's area.

The internship's program

1. Beginning, introduction of tutors and team, initial period of formation about the place and the project. Definition of the project's area for those who need this adaptation period;
2. Development of the internship and continuous monitoring (non-formal learning with peer-to-peer approach between intern and tutor);
3. Draft of the internship's final report by the intern;
4. Presentation of the project's area final results;
5. Balance and general evaluation by the team and eventual invitation to integrate the project;
6. Support in the integration (with microcredit or other financing methods).

## **POST-INTERNSHIP CONTINUITY AND CURRICULAR ENRICHMENT**

One of the main goals of the integration in the Ecoaldeia de Janas with residential internships is a real and practical training for a communal living with the realization and experimentation of practical activities aimed to an area of intervention in sustainability with the possibility of being developed and realized after the internship's end. This is considered the first step for a long-term residency in the Ecoaldeia de Janas and has the opportunity to ensure a stay while taking care of a specific activity. On the other hand, it will surely be an experience of knowledge-gaining in multiple fields which can contribute to your professional and/or formation curriculum.

## **PRINCIPLES AND CONDUCT**

During the residence period you'll be asked to collaborate:

- By realizing a project in your Project's Area (the theme will have to be arranged before the start of the internship and will need a trial period of around a week);
- By respecting the Ecoaldeia's ethical rules, namely in the maintenance and cooperation in the activities/routines of daily tasks (they'll be presented to you at your arrival at the project);
- By being responsible and respecting the working times in coordination with the team and tutors;
- By writing a report of the internship during the residence period and presenting the finished project to the team by the end of the period;
- By ensuring the participation in the monthly contribution for the stay, the food, the fix expenses and the learning program.

## **LIFE IN THE ECOALDEIA DE JANAS**

The Ecoaldeia de Janas is a space of multi-disciplinary life and work. We have a life philosophy based on a dedicated work, in the sharing of the tasks and in the sharing of responsibility of the tasks. Living in a collective way has many advantages and by helping each other we manage to accomplish many things. This requires from everyone a good organization and communication, individual and collective. All the project's residents take shifts in the maintenance of the house and in the kitchen. This will be the basic for the activities/intervention areas/project areas to be developed. This is also a project open to public, visitors, cooperators and attendees to the events, parents and kids. It is made clear that the individual action of an element of the collective will represent and inspire every visit and residence.

## **WORKING TIME**

The working time is considered to be from 9 am to 5 pm with a lunch break at 1 pm. The last two hours of working time can be used to study and prepare in coordination with the tutor.

## **LODGING**

The lodging is a shared dormitory in the wooden house. Nearby there are the common kitchen and the dry toilets. This two spaces – the lodging and the facilities – need an austere behaviour and a cooperative contribute of the residents in the maintenance, arrangement and cleaning.

## **WHAT SHOULD I TAKE WITH ME FOR THE RESIDENCE?**

- Personal pillow and bed sheets (single bed)\*;
- Sleeping bed and/or blanket – we remind that the weather is getting more humid and cold;
- The clothes necessary for the stay;
- Clothes and shoes for outdoor work (garden, eco-building, etc.) including hat, solar protection, gloves, rain-coat, jacket;
- Shoes comfortable for outdoor working + crocks/flip-flops for the house;
- Towels and personal hygiene products – organic products as we reuse the grey water
- block notes/note book;
- Other stuff that may be suitable for your stay, such as: a laptop (will be used often);
- Optional: your own bicycle; pendrive with interesting movies to show to the others; video/foto camera.

## **FOOD**

We follow an open diet based on the products we produce. We are not fundamentalist nor we follow a single diet. In the same table we merge different nutritional needs. Some important notes:

- The meals (cooking, managing, arrangement and kitchen cleaning) are done in a cooperative and rotative way. We all participate in shifts;

- Many of the ingredients are self-produced and bought biological when possible. For big events and more specific ingredients we buy the conventional products, in this case our criteria is to buy national products produced as ecologically as possible. We would like some understanding about this.
- The basic food includes breakfast, lunch and dinner with basic ingredients, always with vegetarian and animal-based options;
- Every particular food necessity that can't be found in our kitchen can be surely found in our bio shop in the ALDEA Cooperative in Janas or in one of the 2 Janas shops;
- If you have any special condition (gluten-intolerant, allergies, veganism, etc.) please inform us beforehand.