



## Regeneration - Integration - Sustainability El Valle de Lecrín - Granada - Spain

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La Bolina are looking for two motivated people (18 - 30 years old and residents in Germany or Denmark) to join us as European Solidarity Corps volunteers for 6 months from February - August 2020!

**Role 1** - Agro-ecology, Permaculture and Sustainability Volunteer

**Role 2** - Communication, Integration and Events Volunteer

[\\*Application Form - deadline 3 January 2020\\*](#)

[Online interviews will take place 9 and 10 January 2020](#)

[Selected volunteers will ideally arrive between 1 - 10 February 2020](#)

### Who are La Bolina?

La Bolina is an association co-founded by people who vision regenerative, local, intercultural and sustainable communities; and are working to recreate this vision in the rural area of El Valle, Spain where they are based. This includes creating ecological livelihoods with circular economy, education and training and intercultural activities with migrants and refugees. Rural. Sharing house.

### Where is La Bolina?

La Bolina project house 'hub' is located in the small rural village of Saleres, which together with Restabal and Melegis, make up El Valle Municipality, part of the 'comarca' de El Valle de Lecrín. Volunteers and some project members live together in this shared project house.

### What is ESC?

The European Solidarity Corps (ESC) is an EU-funded programme that allows young people to experience living abroad whilst learning and contributing to a better world. This is a great opportunity for meaningful experiential learning whilst having your food, accommodation, travel, pocket money, insurance, mentorship and language lessons covered.

## General Volunteer Profile

Young people aged between 18 and 30, who are residents of either Denmark or Germany, who have not participated in a long-term ESC or EVS programme before.

We are looking for motivated candidates with a proactive, creative and problem-solving attitude, who are able to communicate well in either English or Spanish (with at least a basic command of the other language); have an interest in sustainable community living; are motivated to learn about diverse and innovative strategies in the realms of sustainability and solidarity; and happy to engage with hands-on practical experiences in a rural setting. We would like to receive volunteers that share our project's vision and values, and are interested in developing their relationship with nature, living responsibly and learning to work and live in an intercultural group setting with empathy and openness.

We particularly encourage applications from young people who may have experienced educational or cultural challenges, or who face economic, social or geographical obstacles. We are committed to removing barriers to participation and to extend this fantastic opportunity to young people who have not previously had the opportunity to explore this kind of lifestyle or travel abroad.

## Agro-ecology, Permaculture and Sustainability Volunteer

We are looking for someone keen to learn about agro-ecological and sustainable farming in a socially-oriented project through hands-on experience on the land. During your time with us you will be introduced to the following themes: soil, agroecological concepts, seeds, rotations, associations, pest and insect management, elaboration of natural insecticides, knowledge of specific crops, climate, composting, elaboration of liquid fertilizers, vermiculture, drip and ditch irrigation, harvesting.

You will acquire knowledge and understanding of different farming techniques such as regenerative methods, traditional methods, permaculture design and agro-ecological farming. You will gain skills related to the design and maintenance of a small-scale agricultural project, and how to work the land and cultivate vegetables from seed to harvest, including soil preparation, planting seeds and harvesting produce. You will also learn to take and record measurements specific to the health of the land, its soil quality and its produce.

You will also be involved in our commercialisation activities and learn about how to prepare and select produce for commercialisation, how to market the produce, calculate prices, manage orders, organise delivery and invoicing, and record and analyse performance. Furthermore you

will gain knowledge and experience of sustainable living activities such as food processing, preservation and storage, wild food gathering, reducing and reusing waste, producing home made or alternative natural cleaning and cosmetics, low cost alternative technologies.

This learning will take place primarily through hands-on experiential learning alongside our land manager. Here are some of the activities that you could be involved in during your volunteering time with us:

- Agro-ecology and permaculture:

- design of areas for cultivation based on permaculture and agro-ecological principles, taking into account crop rotations, associations, needs
- determining and improving the nutrient content of the soil (elaboration of liquid fertilizers and compost)
- preparing the soil and planning irrigation techniques
- planting seeds and/or transplanting of seedlings according to the season
- managing the cultivation of plants
- managing plagues and pests, elaboration of natural insecticides,
- harvesting the produce
- keeping records of tasks carried out, and of the harvest quantities

- Commercialisation activities:

- preparing the produce ready for sale and consumption
- preparing veg boxes and orders for shops and restaurants including weighing and recording amounts sold and prices
- preparing invoices for sales
- preparing vegetables for conserve making
- recording quantities made into conserves and amounts of conserves made
- assist with delivery and distribution of the vegetables, veg boxes and conserves
- studying the performance of the veg box and conserves micro-enterprises
- assisting with marketing of veg boxes, conserves and produce and opening new markets

- Sustainable living:

- researching methods of storage and preparation of the produce from the land at different times
- transforming or preserving as much produce as possible
- collecting and recording local knowledge about wild herbs and edible plants from the surrounding area that can be foraged
- researching and experimenting with other measures to improve sustainability in daily life of the project such as reducing and reusing waste, producing home made or alternative natural cleaning and cosmetics, low cost alternative technologies.

## Communication, Integration and Events Volunteer

For this activity, we would like to host a volunteer interested in outreach, communication, design, integration and event organisation who could support our communication, integration and events coordinator. You will develop knowledge in visioning and releasing new creative, cultural and integration events; and the implementation, documentation and evaluation of existing activities, such as football matches, Theatre for Social Transformation workshops and world food gatherings. You will gain skills in participatory and creative design, promotion and event management.

You will also gain knowledge in how to develop and implement a communications strategy appropriate to La Bolina's target audience; including prototyping new communication channels to raise awareness of La Bolina's vision and values and marketing strategy to promote our ecological veg box scheme. This will range from traditional communication activities such as updating the village notice board, to designing and implementing social media campaigns and mainstream media channels such as preparing an interview with national radio and press releases. You will be responsible for taking and editing photos, designing promotional material and online publications: blogs and newsletters, social media and the website. Due to the public facing nature of this role it is essential that you have an intercultural sensibility and an accepting and open mentality ie. use of non-gendered language and inclusive writing style and visual design.

You will participate in the following activities:

- Communications:
  - supporting the communication, integration and events coordinator in the design and management of the communication strategy
  - make audio/visual interviews each week with a different member of La Bolina, event participants, local villager or project partner - to gain ongoing documentation of the development of the project
  - edit and find attractive ways to display and disseminate the audio/visual resources
  - manage the La Bolina social media alongside other project members
  - write and/or edit blogs, posts or other forms of project communications in Spanish or English
  - build and maintain a La Bolina network / contact list
  - support in the creation of flyers, posters, information pack and other promotional material to promote both La Bolina events and La Bolina ecological Veg Box commercialisation
  - update the La Bolina website when new activities arise
  - support the design, writing and sending of a monthly blog and newsletter to La Bolina network
  - support the development of a 'members of La Bolina scheme' for people to make regular donations

- Events:
  - support on the planning and delivery of a six month plan for events and integration to include all activities of La Bolina and inform project members of upcoming events, changes and updates in weekly meetings
  - design new creative integration events engaging local people and migrants and refugees
  - support the planning, budget, time-line, transport, logistics and food for regular and one-off events and monthly open days
  
- Integration:
  - conduct research with key stakeholders in the local village, local government, migrants and refugees, NGOs, local partners to collect data on what prevents and fosters integration
  - look for new channels of expanding participation in our events so that the diversity of attendees increases over the 6 month period
  - set up a reporting system to evaluate the benefits of the current activities on integration. This could be through interviews, questionnaires or qualitative data collection
  - work with the coordinator to strengthen and disseminate the linkages to the SDGs in our activities and in line with the European Solidarity Corps objectives increase opportunities for participation from those who are at risk of social exclusion

### For both Volunteering Roles

Teamwork and openness, active listening, respect and patience are important, as is the ability to think critically, work collaboratively and also take initiative and work independently. Being a young organisation ourselves, you have the chance not only to learn from us, but also to grow with us. You will gain knowledge and competency in tools and processes that facilitate community projects and community life, including: sharing responsibility, group reflection, visioning, consensus decision making, conflict-resolution, non-violent communication, sociocracy, deep democracy and dragon dreaming project management methods.

And be involved in day-to-day communal living activities, such as:

- Attending daily and weekly project meetings
- contributing to the wellbeing, cleanliness and people care of living in a shared project house
- taking part in the weekly rota of tasks and responsibilities
- supporting fellow team members and volunteers in overcoming challenges

## Reasons to join La Bolina

- gain knowledge around practical strategies for attaining sustainable and regenerative lifestyles in ecological, economic, social and cultural dimensions
  - have the opportunity to contribute to positive societal change
  - experience living and volunteering in a multicultural group of people from diverse backgrounds, and in an environment that promotes and transmits the values of dignity, respect, empathy, solidarity and integrity
  - acquire a range of experience, skills and competencies that contribute to your personal, social and educational development and empowerment; improve your self-confidence, employment prospects and active citizenship
  - experience living in a multicultural, non-judgemental environment, where refugees, migrants and others at risk of social exclusion are treated as equals and supported to develop their skills, follow their passions and develop fulfilling livelihoods.
  - learn various tools and methods used by La Bolina to help people express themselves, organize non-hierarchically, include all voices, eg: social transformation theatre, nonviolent communication, sociocracy, dragon dreaming etc.
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To apply please fill out this [Application Form](#) before 03/01/2020  
To find out more contact us at [participa@labolina.org](mailto:participa@labolina.org)  
Read more about La Bolina at [www.labolina.org](http://www.labolina.org)