Project #1: Ospitalità rurale Casale Il Sughero

**LOCATION**

City: Vibonati (small village by the sea)  
Region: Campania

**PROJECT DESCRIPTION**

Casale Il Sughero, founded in 2005, is a self-sufficient bio-farm dealing with organic agriculture, animal care and wood management. We also organize cultural workshops related to environment and anthropology and more practical/manual workshops to teach how to make, natural bread, natural soap and small handicraft goods. We also organize hiking activities for our local tourists.

Our residence is an ancient building, today recovered in bio-architecture. It hosts autochthon cultures, traditional and synergic gardens and a small grazing land for local animals. Moreover, Casale Il Sughero is a rural house and place who welcomes for responsible travelers interested in new places to discover being real protagonists of territories that would like to visit with respect.

We choose the name Casale Il Sughero because it hosts the precious cork trees and the cork itself is a metaphor of a Mediterranean porosity between land and area. It is an osmotic membrane which exchanges emotions and knowledge shared between who stays and lives in a place and the traveler who wants to know traditions and culture of the territory.

**Volunteer Tasks**

The volunteer will be involved in gardening activities and animal care. Specifically they will be engaged in:

1. agricultural activities (planting, harvesting..)  
2. small maintenance rural activities (using traditional techniques and natural materials such as: stone, wood, soil..);  
3. looking after animals kept in stalls or while pasturing (goats, dogs, chickens and ducks).  
4. taking part and/or supporting local farmers in workshops organized from time to time in the farm (natural bread-making; natural soap-making, goat cheese making…);  
5. supporting staff during educational activities with kids.

**PRACTICAL ARRANGEMENTS**

The volunteer will live in a private room and will have a private bathroom that eventually will share with other volunteers. He will have his/her meals with other members of the family (a father a mother and a small child).
Working hours and days off
We can arrange with the volunteers the best timetable for both us and them depending on the seasons and on the work to do in the field. Usually our guys volunteer for maximum 6 hours per day for 6 days a week. Sundays are free.

Language Opportunity
In this project it would be possible to arrange a face to face language course of Italian language, by paying an extra fee.

Transportation
The farm is a bit isolated from big urban centers as it is located in the countryside up on a hill. The farm connected with Vibonati or Sapri cities only by a not very frequent bus. Volunteers usually manage to go

Places available
1 or 2 people that know each other already.

Volunteer Requirements
The volunteer should be between 18 and 30 years old. S/he should not have any specific background but s/he is required to have interest in environmental/agricultural issues and animal care. We can host vegetarians and vegans. Basic knowledge of Italian is preferred, but it is not compulsory. Volunteers should enjoy physical outdoor work, rural and community living and be prepared for different weather conditions.

Availability
We can host from October till June.
## LOCATION
City: Morlupo (a small village close to Rome)
Region: Lazio

## PROJECT DESCRIPTION
The farm was set up in 2004 and immediately started the vineyard’s implant that is still the main activity. In 2008 we began the agritourism’s activity. Since then several things happened and the Colle’s family grew up becoming a farmer’s cooperative composed by people who want to stay together like a big family.
In 2012 we have begun the synergetic vegetable garden’s project that is constantly growing. Actually the farm pervades a twenty hectares area including the vineyard, olive grove and the garden.

## VOLUNTEER TASKS
The activities where the volunteer will be involved are:
- vineyard’s works like pruning, binding, grape harvesting etc.
- Olive grove’s works (pruning and picking up)
- Kitchen garden’s works (seeding, picking up, storing)
- Activities with animals: you’ll find lots of animals like donkeys, rabbits, hens, goats, pigeons.

## PRACTICAL ARRANGEMENTS
The volunteer will work on average 6 hour per day. The working hour change from/between 4 to 7, depending of the daily needs.
The volunteer will live in a single or double room inside an apartment with shared bathroom, which is located on the farm.

**Working hours and days off**
We can arrange with the volunteers the best timetable for both us and them depending on the seasons and on the work to do in the field.
Usually volunteer work for maximum 6 hours per day for 6 days a week. Sundays are free.

**Transportation**
The farm is a bit isolated from big urban centers as it is located in the countryside. The closer village is Morlupo. From time to time volunteers can get lifts by local staff to Monterotondo and from there take a train to Rome.

**Places Available**
2 or 3 people depending on the period.
**Volunteer Requirements**
The volunteers should not have any specific background but they are required to have interest in environmental/agricultural issues and animal care. We can host vegetarians and vegans. Volunteers should enjoy physical outdoor work, rural and community living and be prepared for different weather conditions.

**Availability**
We can host the whole year.
## Project #3: Casa Caponetti

**LOCATION**

City: Tuscania (Viterbo)
Region: Lazio

**PROJECT DESCRIPTION**

Casa Caponetti is a 125 acre fully organic olive farm in Central Italy in the middle of the Tuscania Nature Reserve. We have over 8000 m/sq of vegetable gardens, a full restaurant, and a B&B on the property. There is also an archaeological site dating from the Etruscan era with over 200 tombs and a still-functioning water tunnel built by the Etruscan people. We believe in the practices we cultivate and we look to share these experiences with others through a variety of educational programs that we offer on the farm.

**Volunteer Tasks**

Volunteers can assist in maintaining the gardens, helping to seed, maintain and harvest vegetables throughout the season. The olive harvest in November is one of the biggest projects on the farm and requires considerable help from volunteers. There are also various construction and maintenance projects that go on throughout the year, open to participation for qualified and able volunteers.

The volunteers can do their activities 6-8 hours a day. 5 days per week.

**PRACTICAL ARRANGEMENTS**

Volunteers are housed in cabins on the property where there is also a kitchen that they can use. One meal a day (lunch) in the main house with all volunteers.

**Working hours and days off**

We can arrange with the volunteers the best timetable for both us and them depending on the seasons and on the work to do in the field. Usually our guys volunteer for maximum 6 hours per day for 6 days a week. Sundays are free.

**Transportation**

The farm is a bit isolated from big urban centers as it is located in the countryside. The closer town is Tuscania.

**Places Available**

Maximum 4 volunteers depending on the period.
<table>
<thead>
<tr>
<th>Volunteer Requirements</th>
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<tbody>
<tr>
<td>We prefer to host volunteers over the age of 22 years, with some experience travelling abroad. Individuals with experience in organic farming, permaculture, water and sanitation, and construction experience are preferred but not absolutely required for volunteers. Volunteers should enjoy physical outdoor work, rural and community living and be prepared for different weather conditions.</td>
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<th>Availability</th>
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<td>We can host from March till November.</td>
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### Project #4: Agriturismo Trigna

**LOCATION**

<table>
<thead>
<tr>
<th>City</th>
<th>Lamezia Terme</th>
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<tbody>
<tr>
<td>Region</td>
<td>Calabria</td>
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**PROJECT DESCRIPTION**

Ours it is a bioecological farm holidays and all our activities are stiff to obtain a sustainable development. Even in our activities with elementary schools we explain children that nature is an exhaustible good and that it should be respected.

Today Agriturismo Trigna is a farm holiday residence. Our guests come from all over the world. We have over 8000 m/sq of vegetable gardens, a full restaurant, and a B&B on the property.

We have olive, oranges, lemon trees and may kinds of other plants. We have also some goats, ducks, a couple of pigs, chickens and two lovely dogs.

We are also a Didactic farm. Our take on the Didactic farm is not just an excursion in the country. We want to convey to others the passion which we put into our work every single day, trying to rediscover a trade, a world, something new and at the selfsame time enrich ourselves through their perceptions and observations so we can continue to carry out this business to the best of our ability.

Children during our workshops, we organize with schools, can observe and interact with animals and can learn their way of livings. Among all activities we propose they can give food to the horse we have, to sheep, goats and ducks.

The workshops we organize are called” From grain to bread”, “From sheep wool to socks”, “how to make soap”, “how to make marmalades and jams”. Children, specifically, can make with their hands small objects with flour or design kites and make them fly.

**Volunteer Tasks**

The volunteers will be involved only in didactic and recreational activities with children from April to June. Therefore, they will support local staff in welcoming children, in all workshops we organize and in leisure activities for kids. Eventually we might think of organizing with volunteers’ help and skills new and innovative workshops.
PRACTICAL ARRANGEMENTS

The volunteers will live in a flat with kitchen in the farm territory. The volunteers will eat in their own flat and food will be offered by the farm.

Working hours and days off
We can arrange with the volunteers the best timetable for both us and them depending on the activities organized for children. Usually Saturdays and Sundays are free. If the volunteers are asked to volunteer on Saturdays and Sundays s/he can have 2 free days the following week.

Transportation
The farm is a bit isolated from big urban centers as it is located in the countryside. The closer town is Lamezia Terme reachable by a bus whose bus stop is not very close to the farm. Sometimes volunteers can get a car lift from local staff to closer bus stop.

Places
Maximum 2 volunteers.

Volunteer Requirements
Volunteers should enjoy rural and community living. They should like working with and for children. Previous experience in volunteering with children is preferred but it is not compulsory.

Availability
We can host in April, May and June.