

## ESC IN WALES, United Kingdom

### Caerhys Organic Community Agriculture (COCA)

#### Host project

Caerhys Organic Community Agriculture (COCA) is a community supported agriculture scheme based near St Davids, Pembrokeshire, Wales. COCA consists of around 50 household members who work together to grow their own vegetables, salads and soft fruits and support a local farmer by sharing the risks and rewards together.

COCA aims to educate people in sustainable food production and to promote organic food and community supported agriculture.

COCA is part of a growing movement called community supported agriculture (CSA). COCA's objectives are as follows:

- Produce and enable wider access to local food
- Enable members to live well and eat well in an organic and sustainable way
- Support sustainable food production in the local area
- Grow a community around the project based on shared work, social activity and a spirit of friendship.



COCA is a community based scheme and all members do work together on a voluntary basis to obtain the organisation's objectives. Besides the local volunteers who are helping on the farm on a weekly basis, COCA has been working with international volunteers for more than 5 years. The volunteers play an important role in the work of COCA and in the day to day work at the farm.

#### Project outline

COCA is looking for 2 volunteers to help support and develop their work at Caerhys Organic Farm.

Vital to the ESC placement at COCA is the chance for the volunteer to develop their own ideas and implement their own personal projects and activities. The members of COCA will make relevant training and development opportunities available where applicable. Therefore the role of the ESC volunteer at Caerhys farm will largely depend on the motivation and personal objectives of the volunteer. However, the following areas will always be part of the ESC role.

The ESC volunteer will be actively involved in the farm work: growing, planting, transplanting and planning community growing as part of the Growing Team.

The volunteer will also be involved with other sub groups from the core group working on:

- Promotion Team: Social media, website content, getting involved and meeting with local community to raise awareness and promote the work of COCA.
- Events Team: planning various local events, e.g. annual harvest party.
- Distribution Team: delivering fruits and vegetables boxes to drop of points
- Membership Team: Planning volunteering days and working on good relationship with members.

The ESC volunteer will work 35 hours per week and will receive at least 2 days holiday per month. As well as this, they will have two consecutive days off each week (usually a weekend). If for any reason, the volunteer work these days they will be offered two different days off in the week to make up the time.

## Required skills

COCA is looking for volunteers with an interest in environment, agriculture, horticulture, community work, and community growing. Experience of working on a farm may be useful but is not our foremost criteria. The projects hosted by COCA are open to all young people, regardless of background, competences and experience.

The projects hosted by COCA is open to all young people aged 18 – 30, regardless of background, competences and experience. Volunteers ideally will:

- Have an interest in environment, agriculture, horticulture, community work and community growing
- Have experienced work with and/ or have an interest in working in a community based agriculture scheme
- Have a good level of English and a commitment to improving their English (to be able to get the most from the placement)
- Be flexible and adaptable to change
- Be reliable
- Have a willingness to develop projects and pieces of work according to interests.

## Practical conditions

The ESC volunteers will live in a static mobile home on Caerhys Organic Farm. Each of them will have their own separate bedroom but will share kitchen, bathroom and sitting room. The static mobile home is in good condition and has been used as accommodation throughout the year for previous international volunteers. All year, other international volunteers will be hosted by COCA, which gives the ESC volunteer an opportunity of intercultural learning and sharing experience with young people from different countries. The accommodation is on site and close to the farm house where the supervisor and mentor are living. The bus stop is about 500 metres up the road to catch buses going into the city of St. Davids (only 3 buses run every day).



Each month the volunteer will receive their pocket money and food allowance directly into their bank accounts (they will be supported to set up UK accounts). In addition, the ESC volunteer will receive a share of the harvest each week.



## Things you should know

Because the project is very remote/ isolated, the volunteer should be interested and motivated in living in a beautiful but remote area of West Wales. The living conditions of this project are VERY BASIC. There is limited INTERNET on the farm and very bad signal.

## Application Process

Whilst COCA is the actual host of this project, UNA Exchange is the coordinating organisation and administrating the whole ESC project. Hence, you will apply for this project with COCA through UNA Exchange.

Please read carefully through the description, consider to go online as well to find more information about COCA ([www.coca-csa.org](http://www.coca-csa.org)). The project will run from **1<sup>st</sup> March to 31<sup>st</sup> December 2020**. Please make sure you are available to dedicate this time period to volunteering in Wales.

**To apply for this project please complete the UNA Exchange application form and send it together with a copy of your CV and a motivation letter to [evscoordinator@unaexchange.org](mailto:evscoordinator@unaexchange.org) (please copy your sending organisation into the email). Application deadline is the **15<sup>th</sup> December 2019**.**

Please use the following in your email subject: **"your name" :: COCA**

# EUROPEAN SOLIDARITY CORPS

## Application form

**UNA Exchange Programmes Manager – Vicky Court**

Temple of Peace, Cathays Park, Cardiff CF10 3AP, Wales UK

Tel: 00 44 29 2022 3088 E-mail: [evscoordinator@unaexchange.org](mailto:evscoordinator@unaexchange.org)

### Your Sending Organisation:

Phone:

Fax:

Email:

Address:

### Contact Person:

### PROJECT TITLE: COCA

*Please answer all questions, giving as much information as possible; it will really help in your application*

First name/s:

Male ☐ Female ☐

Family name/s:

Date of Birth:

Address:

Postcode:

City:

Country :

Tel:

Mobile:

E-mail:

Skype:

When is the best time to telephone you?

Emergency contact details in home country (Name, Relationship to you, Email Address and Telephone number):

Do you have additional needs that would need to be taken into account: dietary needs, problems of mobility, health care? (Please be as honest as possible so that we are able to support you properly whilst on your project and match you to a project that best suits you)

## GENERAL INFORMATION

What are you doing at the moment? Are you working, studying, volunteering or unemployed?

Please tell us about your past work or studies: subjects, training, jobs:

Please tell us about any volunteering you have done:

What do you like to do in your free time?

Please summarise any travel experiences:

Please summarise what experience you have of living away from home/ by yourself:

Which languages do you speak and how well?:

*Native/fluent:*

*Good:*

*Medium-Good:*

*Basic:*

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## PROJECT INFORMATION

Please describe your motivation for participating in European Voluntary Service.

What are your expectations, what do you hope to gain from it and what does being an ESC volunteer mean **to you**?

What kind of challenges/difficulties do you think you will face on this ESC project in Wales?

Describe how you think you will react to being in a foreign country and with a different culture for 9 months.

How will you feel living in very basic conditions?

How would you react to living in a shared static mobile home where another housemate is very messy/ untidy?

How would you feel about being based in a beautiful but very remote and isolated area for your project?

Why are you interested in **this particular project**?

What relevant experiences or skills do you think that you can 'confidently' contribute and what do you think the host is expecting from you?

Describe your experience related to agriculture, horticulture and community growing.

Do you have any experience or interest in social media, community work and/ or event planning?

What do you think are the key qualities/skills of working in a community based agriculture scheme?

What do you understand by community based agriculture scheme?

What would you like to learn whilst you are here?

Is there anything else you would like to add?

**Please be aware that if you are accepted you will be required to present a Certificate of Good Conduct from your host country (your sending organisation will know about this). You will then have to undertake a British criminal records check. Are you happy with this?**

**Y / N**

### **Declaration**

**'I declare that all of the information on this application form is honest and truthful to ability, experience and support needs and has been completed by the volunteer named on this application'** ☐ please tick here to show you understand and accept the above declaration.

**Thank you for completing this application form – please email or send it to the details given at the top of the form and we will respond to you as soon as we have made a decision.**

**Vicky Court – Programmes Manager UNA Exchange**