

Casa da Horta - associação cultural

Internship INFO PACK



Casa da Horta is a non-profit cultural and environmental association, located in Porto's old town.

We emerged out of a need to create alternative cultural programs and lifestyles in the city of Porto, contributing to the development of critical thinking and at the same time putting into practice alternatives to unethical consumerism.

Since 2008, we have been doing our best to be a space for exchanging and sharing ideas, experiences, knowledge and activities, open for everybody. It's our goal to engage intellectual self-defence and creative resistance, easing the access to critical thinking, hard-to-find information for everybody. Our work is based on a non-hierarchical, horizontal structure.



Our main objectives include:

- broadening the perspective on human and animal rights
- promoting ethical consumerism, collectivism, solidarity actions
- bringing awareness to different ecological and social issues
- supporting local (first) and international (second) artists, craftspeople, small producers and projects
- promoting cultural exchange, re/upcycling and money-free exchange etc.

Our work is mostly focused on four areas:

1) ecology / sustainability

- environmental education for youth and adults (less waste, promotion of cycling, popularizing meat-free diet)
- environmental awareness-raising actions (reading club, meetings/ discussions, various visits and hiking trips, reforestation actions, beach cleanings)
- We daily serve vegan, financially accessible dishes; based (as much as possible) on products from local ecological farmers.
- We are part of two urban gardening communities.
- We run a free shop and organise punctual swap markets (stimulating direct, free exchange).

2) community work / solidarity

- activities for children, youth and the elderly, related to the areas of culture, art and ecology
- Sports for all - sport activities organised for the local community, including capoeira, tai chi and chess
- activities, actions related to raising awareness about and fighting against touristification of Porto, and its consequences
- organising and participating in international youth projects
- Suspended soup - everybody in need, is invited for a warm soup at our place

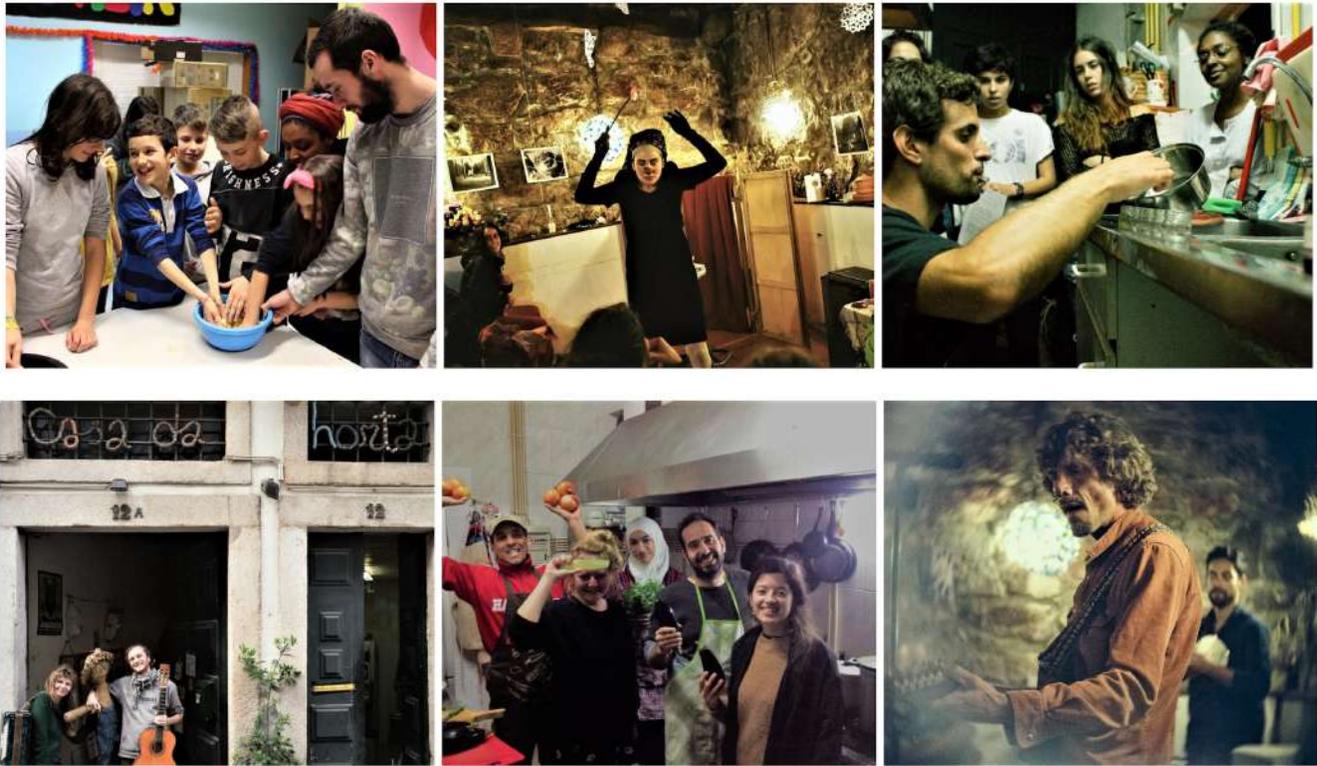
3) action / critical thinking

- organising and participating in awareness-rising and protest actions, seminars, popular assemblies and manifestations
- debates, film screenings and study groups - activities aimed at facilitating the access to information and learning about issues challenging the local, national and global reality
- Benefit dinners - whole income of the punctually organised benefit dinners supports a local cause, project or initiative in need of funds e.g. animal shelter, a newly started association
- Porto.com - an ongoing series of videos presenting local traditional businesses heavily influenced by gentrification.
- Slow Motion Tours - eco social visits to different areas of Porto, with the aim of providing a different way of getting to know the city and involving into local realities
- Maintaining our social media platforms (Instagram, Facebook). You are encouraged to participate in content creation, your own ideas are welcomed.

4) culture / art

- concerts, jam sessions, art exhibitions, film screening, debates, workshops
- language exchanges - meetings where volunteer 'teachers' meet the ones interested in learning and practicing languages in an informal and (hopefully!) fun way
- weekly publications promoting poetry and poets from around the world

To find out more about us and our (ongoing and past) projects, you can check [our website](#), [FB page](#), [Instagram](#) or [YouTube](#).



INTERNSHIPS

Casa da Horta's team consists of 5 permanent members, a group of international volunteers and interns (usually 5-10 persons), and a group of local volunteers, contributors.

If you'd like to join our crazy team, here are some practicalities that you should know about:

Timing

The dates of your internship are flexible (up to you :)) and **the minimum period is 3 months.**

Funding

Unfortunately, we are not able at the moment to fund internships, for this reason, we need to count on external financing.

For example, Erasmus+ offers a grant program that is available for students or recent graduates (up to a year after graduation) residing in the EU (regardless of nationality). The application process for an Erasmus grant depends on the particular university, but is usually easy and fast. The grants are usually 350-700 eur/ month and are available for 2-12 months (depending on the country and university). For the precise info - ask the International Office of your university. Casa da Horta will be, of course, happy to help you in the process.

Accommodation + food

Finding the place to stay will be your responsibility, but we will do our best to support you in the process! Please consider the fact that rents in Porto are gradually becoming very inaccessible. Here is some basic info:

- Average price for a room: 300-350 eur with bills included, although you can find cheaper options.
- Starting to search 3-6 months in advance can improve the situation a lot (although many renters don't accept renting with a big advance).
- August-October are the most challenging months to find a room. If you are arriving in this period, better to start searching in advance.

On the (somehow :) bright side, food and drinks at Casa da Horta are free for all the team members.

Work organisation + holidays

Our work schedule is usually between Tuesday-Saturday (sometimes, we can decide to work on a Sunday and take a free day later during the week). We get 2 holiday days per month.

Each person's schedule changes weekly and consists of working on:

1) collective projects

= joining the management of recurring events or the new activities proposed by other team member (have a look at pages 1+2 to get an idea)

2) one's personal project/s

You are very encouraged to develop a new project that suits your interests and expertise best (as long as it's coherent with Association's values and objectives). You can work on this project individually or be joined by other colleagues.

3) canteen shifts (1-2 times a week) + cleaning shift 1-2 times a month)

To be able to keep a financial sustainability, apart from applying for and managing public grants, the association runs a vegan canteen. It's a project that, apart from the essential - providing more fair economical conditions for the team members, allows us to support local small producers and collectives (we buy as sustainable and values-driven as possible), promote accessible vegan diet (we keep the food prices lower than the market's usual) and to support people in need (as whoever in need is welcome to have a free meal at CDH).

To be able to keep the balance between the time we dedicate to canteen work and the rest of projects, we set a maximum of weekly shifts for 2 (although, it's usually once a week). Interns usually work at the bar or support the person responsible for cooking (unless they are interested in taking a cooking shift). The shifts are from 16-22:30 and each week you can decide when you wish to work at the canteen.

Each person's work largely depends on their interests, skills and preferences. As the scope of the association's work is quite vast, everybody is encouraged to get involved in activities that interest them the most.

Each trainee is supported by a mentor - a person that will help you to structure your ideas, so you can together develop a plan for your internship.

Questions? Doubts?

Tell Agata (our internship coordinator) about it: agata.plonska.cdh@gmail.com