

# Casa da Horta - associação cultural

## Internship INFO PACK

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

### Work organisation, tasks

**Our work schedule is usually between** Tuesday-Saturday (sometimes, we can decide to work on a Sunday/ Monday and take a free day later during the week) and we do not have fixed working hours. Each person is encouraged to work with tasks and activities that interest them the most, so, in practice, **each team member's schedule is different and changes weekly. We divide our work time between:**

#### **1) collective projects**

= joining the management of recurring events or the new activities proposed by other team members (have a look at pages 3+4 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 the association's values and objectives). You can choose to work on this project individually or to be joined by other colleagues.

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

In order to keep its 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 an accessible vegan diet (we keep the food prices lower than the market's usual) and support people in need (as whoever is in need is welcome to have a free meal at CDH). To keep a balance between the time we dedicate to canteen work and other projects, we set a maximum of 2 weekly shifts. 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 prefer to work at the canteen.**

**Here is an example of what your work week could look like:**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
10h-13h: buying materials for macramé workshop and tying knots	14h-15h: meeting to organise eco activity for the social centre  15h-17h: Weekly meeting  17h-22h30: Bar Shift	10h-12h: Answering emails  14h-19h30: Preparing and hosting a macramé workshop		10h-13h: Research and preparing for eco-activity social centre, answering emails at home	11h-14h30: Helping out and lunch in Terra Solta (community garden and NGO)	
Christmas dinner with the team	Irish jam session	Poetry night	16h-22h30: Kitchen shift  Balkan jam session	Burger night	Concert	

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.

### **Holidays**

As long as you are able to meaningfully and responsibly fulfil your tasks, there is no specified maximum period of holidays. If you plan to take days off, it is important that you coordinate them with your schedule (ongoing projects you are involved in) and that the team has enough people to cover the canteen shifts.

### **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: 350-400 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.



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, money-free exchange, etc.

**Our work is mostly focused on four areas:**

**1) ecology / sustainability**

- environmental awareness-raising actions (reading club, meetings/ discussions, various visits and hiking trips, reforestation actions, beach cleanings)
- activities aiming at popularising meat-free diet - cooking workshops, debates, film screenings etc.
-

- we run a free shop and organise punctual swap markets (stimulating direct, free exchange).

## **2) community work / solidarity**

- serving financially accessible vegan dishes daily
- keeping a permanent suspended soup option - everybody in need is invited for a warm soup at our place - and organising benefit dinners
- activities for children, youth and the elderly, related to the areas of culture, art, sports and ecology
- organising and participating in international youth projects
- 

## **3) action / critical thinking**

- organising and participating in awareness-rising and protest actions, seminars, popular assemblies and manifestations
- promoting debates, film screenings, study groups and other 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
- 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, films screening, poetry evenings, debates, workshops
- language exchanges
- weekly publications promoting poetry and poets from around the world
- special dinners with cuisines from all over the world on Saturdays

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

## **Questions? Doubts?**

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