

TREBIOLCHE

PERMACULTURA



Volunteering Program



WELCOME !

Welcome to "Trebiolche Permaculture". The "Trebiolche Permacultura" volunteers program is part of the ethics of caring for people and equitable sharing. We implement an intense cultural exchange program focused on permaculture, where we teach principles, models, techniques, strategies, experiences, in a practical way where you, as a volunteer, can learn by doing. During the first day, upon your arrival at our farm, you will always be given an introduction to the structure of our project and to permaculture so that you can immediately contextualize what you will be learning during the experience. Our program is always FREE and solely based on work / educational exchange.

We wish you a good work!

* NOTE: The "biolca" an ancient unit of measurement of the land used in our lands since ancient times. In the province of Reggio Emilia, it is equivalent to around 3,000 square meters (to be precise 2,922 square meters).



VOLUNTEERING PROGRAM

We manage our volunteering program with the utmost seriousness and we deeply believe in the values of sharing, fair exchange, training through experience. We therefore try to guarantee you, as a VOLUNTEER, the best possible experience in exchange for the collaboration offered by You, trying, as far as possible and seasonally, to change the tasks, alternating manual work, creative work activities and other purposes educational or intellectual, so as to avoid situations of boredom or excessive physical burden. Among other things, here below is a non-exhaustive list of activities you can try here.

Outdoor Activities

These are activities that mainly take place outdoors. It is a good idea to have all the necessary clothing in your luggage in relation to the season: comfortable, warm and resistant clothes for the winter, with anti-rain clothing, work gloves, waterproof and mud-resistant shoes; comfortable and light summer clothing, with a hat to avoid insolation. Also consider the possibility of being bitten by insects, especially in summer. Below is an example list of the main activities:

- Creation and maintenance of raised pallets for cultivation, heap flowerbeds, spiral flowerbeds
- Creation of stone walls with dry technique
- Collection of biomass such as leaves, twigs and pruning to create composting or mulch.
- Planting of vegetables, planting officinal plants, small fruits or trees both from fruit and forest, as well as creating hedges and green barriers
- Creation of living pergolas or other garden furniture structures, such as wooden platforms, wooden fences, vegetable supports
- Harvest of vegetables and small fruits and fruits, even wild, and subsequent processing such as washing, cutting, cooking, preparation, etc.
- General maintenance of agricultural areas, mulching, grass cutting
- Pruning of fruit trees, fruit bushes or grapevines
- Creation and distribution of organic biomass such as compost, biochar, mulching, wood chips



Indoor Activities

These are activities that predominantly take place in one of the houses belonging to the project or in the building for agritourism use. Specific clothing is not required, but it is good to remember that the clothing used could become dirty or damaged.

- Small maintenance work on buildings such as painting walls, arranging furniture
- Preparation of shared meals, cooking, creative cooking, food processing, food cleaning
- Creation and application of labels and informational documentation for food
- General maintenance of the house or workplaces
- Production of ecological detergents, essential oils, extracts

Creative activities (indoor or outdoor)

These are very varied activities that can take place both outdoors and indoors, depending on the season and weather conditions. We can list as an example:

- Design and creation of home furnishings with recycled materials or ferrous and wood materials
- Creation of signs and signage for the activities carried out
- Design and creation of decorations, furnishings, sculptures, garden installations
- Creation of events, courses and workshops. Help during such events, courses or workshops
- Creation and maintenance of the website, management of Facebook, Instagram and Pinterest content, work on various IT documents, creation of logos, creation of new content



Educational activities (indoor o outdoor)

These are very varied activities that can take place both outdoors and indoors, depending on the season and weather conditions. We can list as an example:

- Introduction to permaculture, with practical examples provided during the tasks and on-site application. Discussions and brainstorming on these issues. Watch videos and discussions about it.
- Didactics on gastronomy and on typical Italian cuisine, with particular regard to the rich and numerous local dishes and gastronomic excellences (parmigiano reggiano, traditional balsamic vinegar, cured ham and other cured meats, tortelli, lasagne, cappelletti, gnocchi)
- Teaching and learning of foreign languages (English and Spanish)
- Presentation, knowledge and visit to the local area, with particular reference to the province of Reggio Emilia, the hilly and mountain Apennine area, the Val D'Enza, and the Bioregional area of Emilia
- Alternative cultural activities present in the Region (communities, projects, exhibitions, exhibitions)

Human relationship activities

These are very varied activities that can take place both outdoors and indoors, depending on the season and weather conditions. We can list as an example:

- Visit to alternative projects in the area
- Visit to cultural or special events
- Interaction with family and friends
- Participation in voluntary planned events
- Group activities



THE "RULES OF THE HOUSE"

Here is a simple vademecum of the basic rules provided, so that everyone can have the best possible experience.

CLEANING - Help us keep the rooms clean and minimize the use of detergents and chemicals. Always have a cup and / or glass available for your exclusive use.

USE OF SHOES - Always take off your shoes at the entrance of indoor environments. We recommend that you bring a pair of slippers with you.

ORDER - Always keep the neat and clean environments as close as possible to your commitments, keeping your things together.

EATING AND DRINKING - Do not eat or drink in the bedroom or bathroom. Always do it only in the living room or dining area, using a dining table or the kitchen. Even when in the living room, do not eat or drink on the sofas and carpets.

SMOKE - Never smoke inside the premises.

END OF PERIOD CLEANING - Before leaving, remember to plan the cleaning of all the rooms you used during your experience here. The premises must be perfectly clean and tidy, so that those who come after you will have the greatest benefit from staying with us. The time to devote to cleaning and reorganizing the premises must be considered as extra compared to the working time set by the volunteers program.

SILENCE - After 10.00 PM, please minimize the noise to ensure the best rest for the people around you, for example by accompanying the interior doors, the entrance door and the gate, using the bathroom with the door closed, keeping down the volume of any musical equipment, washing any dishes in the morning.

RESPECT - Always maintain a decorous and polite behavior, so as to allow everyone to have a graphic and positive experience.

GUESTS - We are open to the fact that you can invite guests, but please let us know in advance to get permission. Your guests will not be able to stay overnight in our facilities.

ASK US - For any questions or needs, always ask us. We will be happy to offer you the maximum possible support.



HELP US IMPROVE - We are in a transition process. Your advice and ideas are valuable. Feel free to give us suggestions and advice if you feel this can help us improve our way of doing things. We will benefit noi e i volontari che verranno dopo di te.

Energy saving and energy efficiency

Stiamo cercando diminuire la nostra impronta ecologica e di utilizzare la minor quantità possibile di risorse e di energia. Per questo la tua collaborazione, riguardo a ciò, è indispensabile.

LIGHTS - Remember to always turn off the lights in the environments you are not using.

HEATING - Remember to close the doors of the rooms where you are not currently residing. After having properly ventilated the rooms where you stayed, as necessary, remember, especially during the coldest months, to close the windows. The living room and bedrooms have an independent room thermostat. Nevertheless we ask you, except for special needs, to keep the temperature around 19/20 ° C to minimize energy consumption.

BATHTUB - The bathtub of our house has a whirlpool. The use of the whirlpool is not allowed. We also kindly ask you to wash, always using the shower.

USE OF THE FIREPLACE STOVE - The fireplace stove in the living room of our house is NOT usable.

DRINKING WATER - Water is a limited and extremely precious resource. Always try to limit consumption as much as possible, for your personal hygiene and for the kitchen. The tap water, here with us, is drinkable and of excellent quality, as deep water is extracted near the Municipality of Cavriago. Only in summer during particularly hot periods is it possible that the water is chlorinated. If it is a problem for you, ask us and we can still get water from wells or springs.

ASK US - For any questions or needs, always ask us. We will be happy to offer you the maximum possible support

HELP US TO IMPROVE - We are in a transition process. Your advice and ideas are valuable. Feel free to give us suggestions and advice if you feel this can help us improve our way of doing things. We and the volunteers who come after you will benefit.



FOOD

We always provide food! We always try, as far as possible and with seasonal availability, to supply local products, possibly organic, homemade and of good if not excellent quality. In winter, however, the availability of these foods is significantly reduced compared to other seasons when it is usually abundant. As a habit we buy simple foods and prefer to cook them rather than buy processed foods.

We are not vegetarians even if we limit the consumption of meat to the maximum and we do not buy meat from farm animals. If you have special food requests please let us know when you arrive: we will be happy to provide, as far as possible, your needs.

TIMETABLE OF THE PROGRAM

We have tried to adopt schedules that also meet your needs, taking into account climatic and environmental factors, and the fact that you can have free time, so that your experience is as rewarding as possible. Having said that, we would ask you to try to follow the instructions, so that the planning of activities can be carried out regularly. Unless otherwise stated, normal working hours are as follows:

Winter (from 30 October to 30 March): From 9.00 to 12.30 and from 14.30 to 16.00, from Monday to Friday.

Spring and autumn (from 1 April to 30 May and from 1 September to 30 October): from 8.30 to 13.30, from Monday to Friday

Summer (from 1 June to 30 August): depending on the outdoor temperatures from 7.00 to 12.00 or from 8.00 to 13.00 or from 8.00 to 11.00 and from 17.00 to 19.00, from Monday to Friday.

However, we are available to change the time to meet your particular needs, as long as it is not systematic. On request it is also possible to replace a weekly day with Saturday. Sunday is always rest.



TIPS AND FEEDBACK

We constantly try to improve the experience. Your every observation is important for us to improve the service. Feel free to tell us your comments, let us know what you particularly liked and what you would have done differently.

GENERAL INFORMATIONS

General information - Telephone numbers - Emergency service.

Managers directions

- **HOME: Via Borghetto, 3 – 42025 – Cavriago (RE)**
- **AGRITOURISM AND AGIPARK: Via Guardanavona 53/4 - 420,25 - Cavriago (RE)**

Luca Burani:

- Phone: **+39 335 6543076**
- Skype: "lucaburani"
- Email 1: **lucaburani@hotmail.com**
- Email 2: **lucaburani@gmail.com**

Cristina Dallai

- Phone: **+39 335 5331201**

Daniela Burani:

- Phone: **+39 333 3675316**



Silvana e Giancarlo Burani (manager's parents)

- Home phone: **+39 0522 575051**
- Mobile phone Silvana: **+39 339 2131556**

Emergency:

- Ambulance: **118**
- Carabinieri: **112**
- Police: **113**
- Firefighters: **115**
- Environmental emergency: **1515**

Personal folders

Once you have finished your experience here, you can use a private folder on our cloud space, where you can upload or download images, music, documents and everything you want or want to share, because the life experience together is even richer and longer lasting. The link to the folder will be sent to you as soon as possible at the end of your stay here.

Happy volunteering!